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7 Best Conditioning Exercises!

10 Winning Fight Tips!

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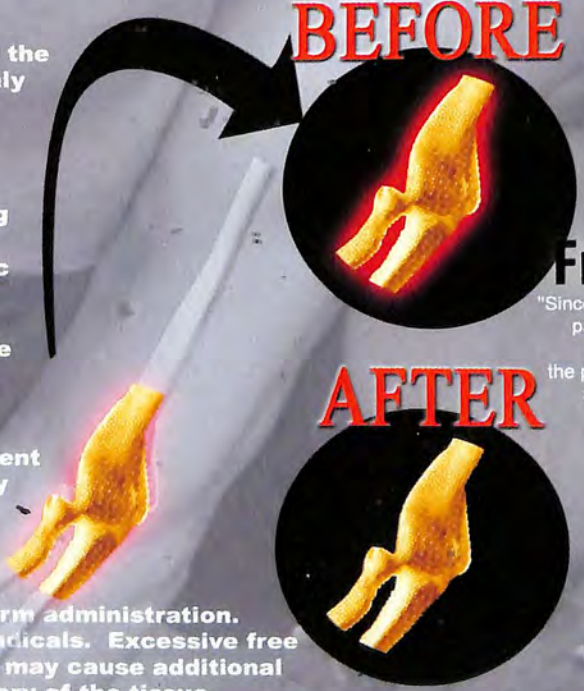

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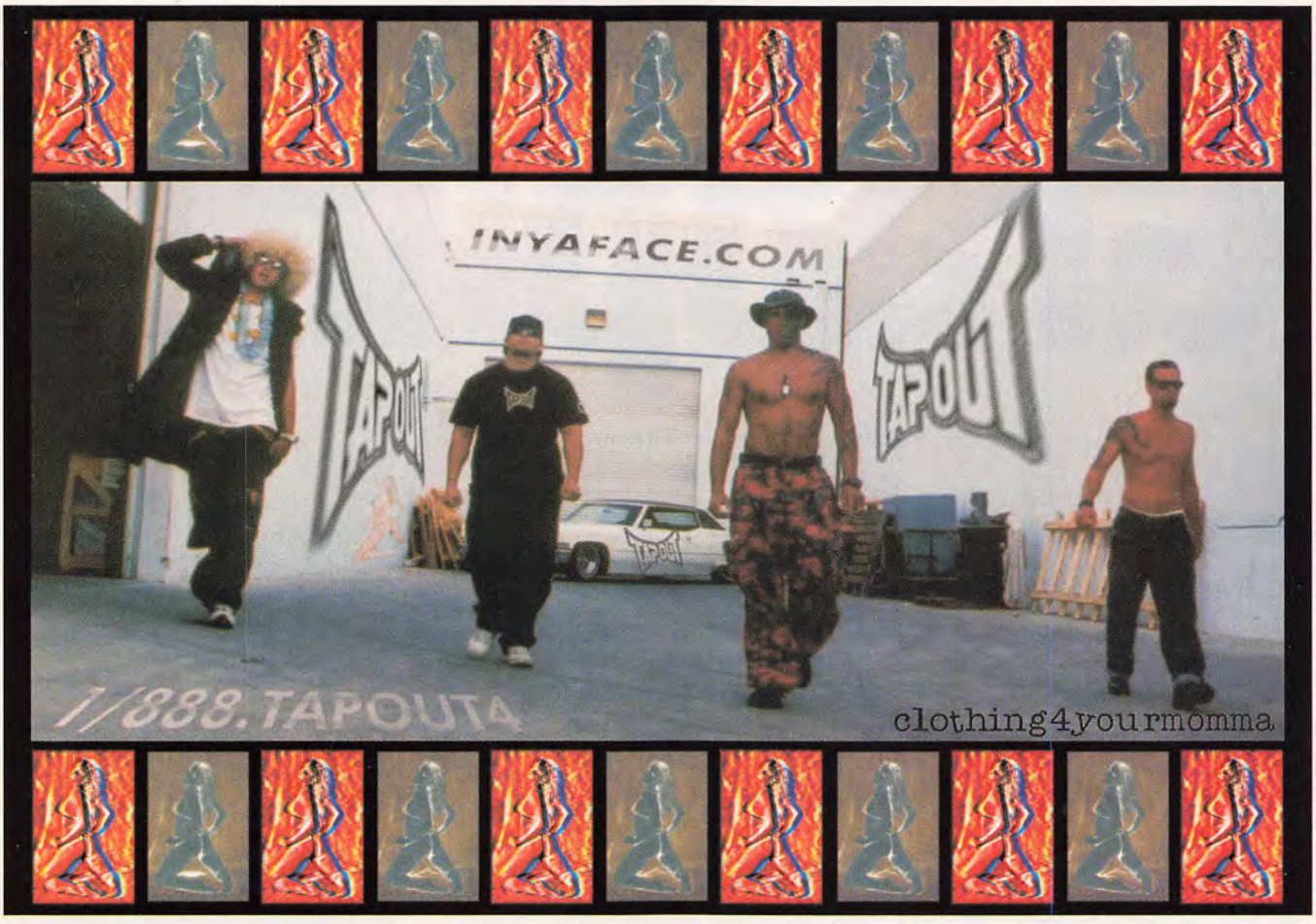

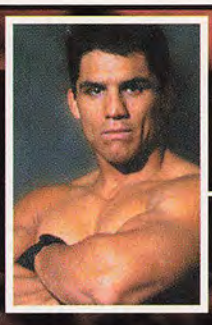

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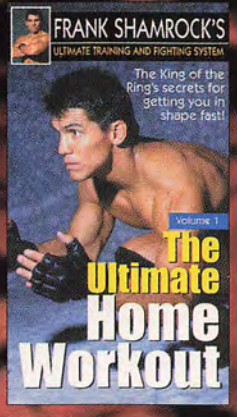
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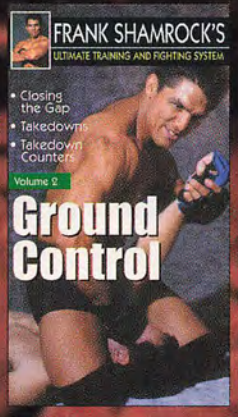

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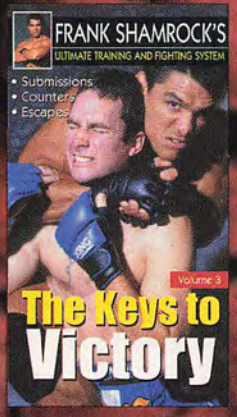

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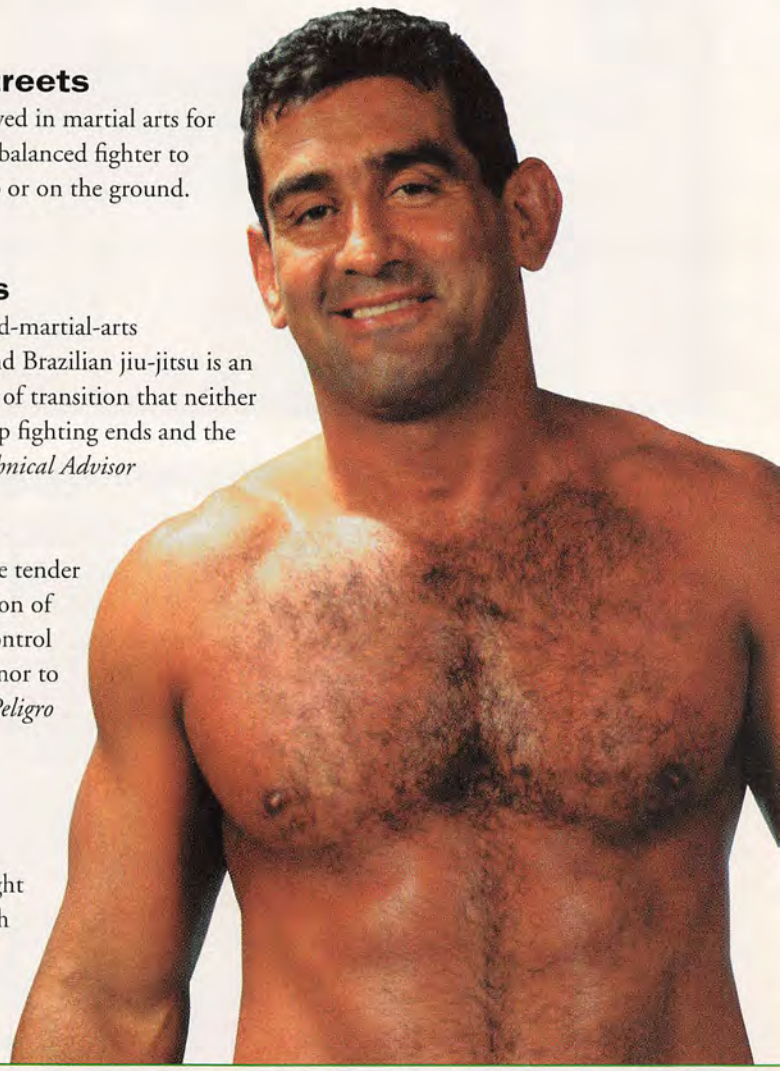

48 Marco Ruas - The King Of The Streets

WVC, UFC, and Pride champion Marco Ruas has been involved in martial arts for more than three decades. Considered by many to be the most balanced fighter to ever compete inside the cage, Ruas has equal skills standing up or on the ground. *By Jose Fraguas*

36 Five Shooto Takedown Leg Locks

Fighters often train muay Thai and Brazilian jiu-jitsu for mixed-martial-arts competition. While muay Thai is a devastating standing art and Brazilian jiu-jitsu is an extremely effective ground-fighting system, there is a gray area of transition that neither really addresses effectively. This gray zone is where the stand-up fighting ends and the ground game begins. *By Erik Paulson, Grappling Magazine Technical Advisor*

43 Pedro Sauer - Man On A Mission

This 43-year-old native of Rio de Janeiro started training at the tender age of 12, at the Gracie Academy in Rio de Janeiro, by invitation of friend Rickson Gracie. A true martial artist who stresses self-control and personal advancement, Sauer is on a mission to restore honor to Brazilian jiu-jitsu and elevate the art to a higher level. *By Kid Peligro*

53 Pride 17 Rocks the New Millennium

The spectacular Heath Herring vs. Rodrigo Nogueira match overshadowed all other fights in an amazing clash that just might go down in NHB history as the greatest battle of all time. With over 52,000 in attendance at the Tokyo Dome, Pride rocked the world with the first two title fights in its history. *By M. Glenn*

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60 UFC 34 - The Grand and the Glorious

Stung by the last-minute withdrawal of Vitor Belfort at UFC 33, headman Dana White was crossing his fingers for more action. While everyone assumed there *would* be better matches, no one knew just how good the card would turn out to be. Filled with exciting fights and dramatic finishes, UFC 34 was a show that can only be described by one word - WOW! *By Kid Peligro*

70 My Top Ten Tips for Winning Fights

NHB figher Charlie Kohler, with a record of 8-1-1, has discovered ten terrific tools to winning fights. They're deep dimensions of grappling that extend far beyond strikes, submission holds, and other hands-on techniques. *By Charlie Kohler with Loren Franck*

77 The Magnificent Seven - The Best Conditioning Exercises For Combat Athletes

The world's premier combat fitness expert, Matt Furey knows hundreds of different body-weight conditioning exercises. Seven of these exercises are ideally suited for grapplers because they simultaneously increase strength, speed, endurance, and flexibility, while improving mental focus. *By Matt Furey*

Movers and Shakers

84 Frederico Lapenda - Leading The Charge, Part I

There is no more prolific mixed martial arts producer than Frederico Lapenda. Barely 30 years old, Lapenda has produced over 100 shows in 9 countries in a span of only 6 years. During this time, he has made stars out of some of the biggest names in the sport including Igor Vovchanchin, Mark Kerr, Marco Ruas, Heath Herring, Pedro Rizzo, Jose "Pele" Landi, and many more. *By Todd Hester*

88 The Ultimate Training Camp

Wallid Ismail, Mark Kerr, and Bruce Buffer are just a few of the athletes, actors, and celebrities who swear by T.R. Goodman's intense regimen of hybrid fitness training and cardio conditioning. *Story & photos by Tami Goldsmith*

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Editor's Note

BY TODD HESTER

The Right Mix

In mixed martial arts (MMA) and submission fighting, perhaps the most important concept is getting the right mix. In the early days of MMA, it was the grappling specialists who dominated. Someone who was REALLY good at takedowns and submissions pretty much had their way with stand-up fighters, the vast majority of whom had never spent any time on the mat. Of course, as time went on and as the sport grew, the grapplers saw their cloak of invincibility become a little threadbare, as the strikers caught onto the guard and the mount, learned to avoid the takedown, and learned to keep their elbows in to not get locked. At that point there was a paradigm shift, and the advantage seemed to go over to the strikers. Soon, however, the grapplers caught on as well and began learning how to strike, kick, and defend the stand-up game. Now, no-holds-barred fighting is more about the individual fighter than it is about the style. More than anything else the phrase, "Let the best man win," represents what MMA is all about. In order to be successful, a fighter has to have the right mix.

"We hope to continue to broaden our coverage of the different arts in order to help everyone better understand each other and therefore increase the sense of community in the grappling and mixed martial arts world."

The same is true for *Grappling* magazine. With so many different types of fighters and athletes coming into the mixed martial arts world, it is very important to keep the right mix in order to correctly serve as many readers as possible. This means a mixture of no-holds-barred fighting events, submission tournaments, fighter profiles, promoter profiles, health and training pieces, and technique articles. With the melting of styles and the inclusion of more and more arts into the MMA world, this also means including as many styles as possible. No longer is the term "grappling" only limited to the Brazilian jiu-jitsu (even though it is probably the centerpiece), but it also includes freestyle wrestling, sombo, shooto, pankration, judo, catch wrestling, sumo, and more. Because so many grapplers also practice muay Thai, kung-fu, karate, boxing, and kickboxing in order to back up their ground game, you also can't exclude the striking arts either. This is all part of getting the right mix.

It is our purpose at *Grappling* to give a forum to as many different voices as possible. We hope to continue to broaden our coverage of the different arts in order to help everyone better understand each other and therefore increase the sense of community in the grappling and mixed martial arts world. We hope that anyone who has a question or comment on the grappling movement feels free to write in and suggest events to cover, technique articles to publish, or worthy personalities to profile. Grappling magazine is YOUR magazine and we are simply here to give everyone an opportunity to share their ideas and input with everyone else all around the world. Feel free to write to toddhester@cfwenterprises.com if you have something to say.

While I might not answer every email due to time constraints, I promise that I read all of them. The ones with the most universal appeal, even if they are a criticism, will be published in the Grappler's Grapevine section of the magazine. Discussion and even disagreement is positive, not negative. Through the expression of different ideas, thoughts, and viewpoints, we will all grow closer together. C'mon, hit me with your best shot!

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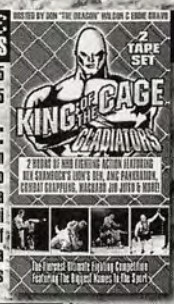

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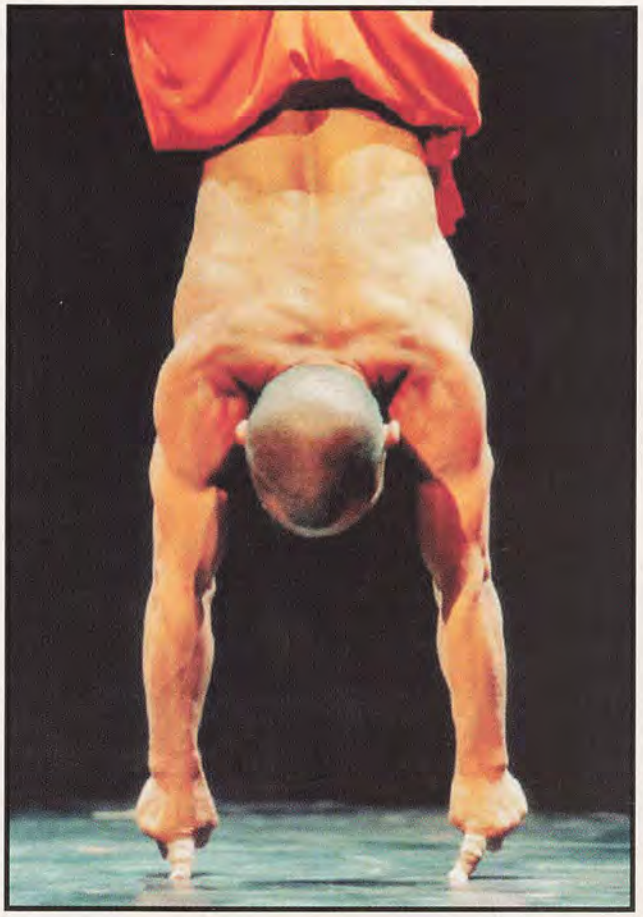
Catch of the Day

BY MATT FUREY

Are Bodyweight Calisthenics Only Good for Endurance?

A couple days ago a friend sent me a photo of a Shaolin monk doing a handstand. No big deal, right? Except for the fact that he was doing it on two fingers (the index finger of each hand). In my library I have the original video of hard training done at the Shaolin temple in China, featuring a much younger Jet Li. Among many other feats of strength, mind power, and internal conditioning, was the footage of a 90-year-old monk doing a one-finger handstand. One finger! And this was developed not by weight training, but by bodyweight training. There are some who claim that bodyweight exercises are for "endurance only" and the only real way to get strong is with weights. Before telling you how silly this notion is, let me clarify that I am not against weight training or weightlifting. Although I don't train with weights, I am not against the practice. It has helped many people and continues to do so. I simply believe that my approach is better for all-around fitness.

"Among many other feats of strength, mind power, and internal conditioning, was the footage of a 90-year-old monk doing a one-finger handstand. One finger!"



When you do bodyweight exercises, you simultaneously increase strength, endurance, and flexibility. You also strengthen the heart and lungs and improve the functioning of all internal organs. Bodyweight exercises give you a tune-up, inside and out; and they make you feel like a million bucks. Now, back to the incorrect notion that bodyweight exercises are only for endurance. First of all, even if this were true, there would be nothing wrong with that. What most people in the world today need, more than anything, is endurance. Most fights are lost, not due to a lack of strength, but due to insufficient muscular and cardiovascular endurance.

A big, strong weightlifter will get smoked like an Alaskan salmon when he goes against a fighter who is not nearly as strong, but knows how to make his opponent waste energy while he conserves his own. And once the bigger, stronger man is tired, how strong is he, really? Not very. Most people go to work tired and come home exhausted. They have bodies that are so racked with pain (more from lack of use than from abuse), that they are practically ready for the scrap heap at age 30, and most likely sooner. Sure weight training can help increase energy, but not nearly as much as *Combat Conditioning*.

Here's what you can do to test my assertion: Each morning for the next week, get out of bed and do 100 pushups. Don't simply take note of how much your muscles are working; note how the exercise makes you breathe. I'll bet it's heavy. And this heavy breathing opens the flood gates to your lungs. It brings more oxygen into the blood stream - this is the key to ENERGY and STRENGTH. In fact,

Continued on page 114

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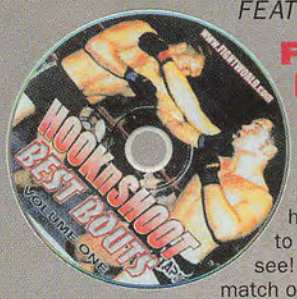

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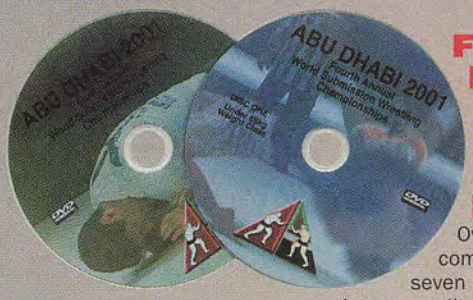

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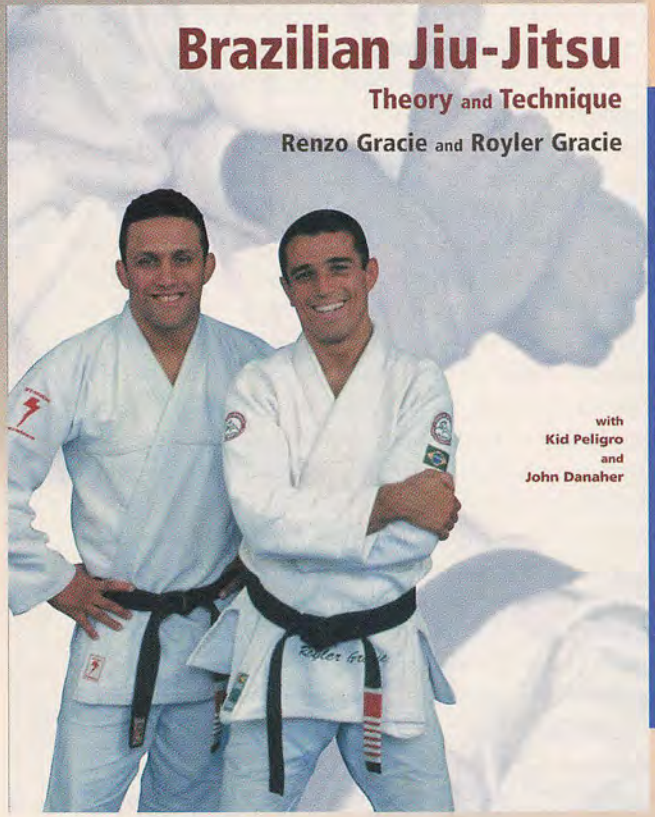

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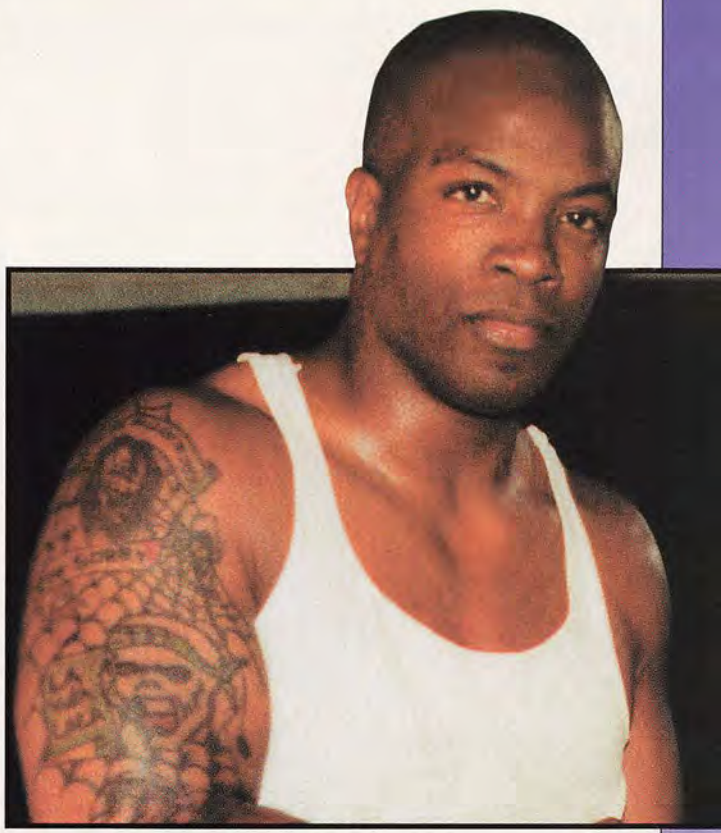
Damage, Ink

BY EUGENE ROBINSON

Steroid Tales



Pay close attention here: I will kick all of their asses. Maybe not now. And maybe not soon. But for damn sure, eventually. On a long enough timeline, everybody who keeps trying wins. I mean eventually.

The point is that my cavalcade of kick ass, the monthly travelogue into tough times and tougher men, my Bataan death march of beating after beating that I endure to bring YOU the best first person stuff in no-holds-barred writing, sometimes hits a snag. I get hurt, somebody cancels on me, or as has happened in this case, a past article starts to loom so controversially large that it's got to be addressed before we get back to the usual blood and guts. I'm talking about my steroid article ("Steroids? Why, Yes, Thank You") from a few issues back.

I knew it WOULD be controversial. Especially following, as it did, a column from the previous month by one of our other esteemed columnists lambasting steroid usage. I had no idea it would have the single-handed effect of making otherwise reasonable men and women, um, stark-raving lunatics. Let me explain.

The chest-beating, lip-trembling, teary-eyed lunatic fringe espouses all the same lines of rhetoric that I USED prior to becoming philosophically enlightened. Their stories start, as mine used to, with anecdotal accounts of steroid use gone wrong. "I heard about this guy." "My friend started using. And now he's DEAD." That sort of thing. Then they heave and huff and puff and wonder why I'm not impressed.

"There is only ONE justification for taking steroids: You. Just. Wanted. To."

Well I'm not impressed because I'm philosophically enlightened. Because I know that, as I emphatically stated last time, steroids don't make a difference because strength alone does not make a difference. Because while I don't intend to become the Dan Duchaine (RIP) of the no-holds-barred world, I do know that even if strength alone were part of the NHB game, steroids are not their demon stepchild. The unceasingly and hypocritically chastised steroid is just some stuff in a bottle that's as good or as bad as the fighter.

And lest you think me partisan, know that I can't friggin' stand the bad logic and lame excuses I get from the other side of the wall too: steroids are needed to level the playing field and if everybody's doing it why shouldn't I? To which I just sadly shake my head and repeat again, there is only ONE justification for taking steroids: You. Just. Wanted. To.

Like any number of other illicit drugs that don't require that their users have reasons for their use, steroid users should stop trying to justify their use along the lines of "It gives me an edge," and start trying to sanely manage their use (along with cheap and easy monthly blood work-ups to monitor liver and kidney functions), up their cardio, and work on technique.

That being said, I will now become the guru of harm reduction and a kind of merciless realist and reel off five truths here: 1) People who are athletes ARE going to take steroids; 2) Testing needlessly demonizes the user for a use that doesn't necessarily improve total performance; 3) If you're going to use them, don't abuse them (translation: 12 weeks once a year is plenty of time, nobody needs to do Halotestin, Mibolerone or Anadrol 50, and nobody in NHB needs diuretics, which actually ARE dangerous); 4) While I understand that to buck America's drug hypocrisy (like their porn hypocrisy: a 9 billion dollar industry that absolutely NOBODY purports to support) is to piss in the wind - I maintain that hypocrisy has killed more people than steroids ever have; 5) While we can't publicly condone illegal activities if we're trying to get our sport taken seriously - I mean no more than the NFL does, or MLB, or track and field - we can, much like those other sports, take a page from the prevailing canon that President Clinton so cleverly put his finger on with his "Don't ask, don't tell" policy, and just let the steroid issue become the non-issue it is.

The truth will set us free. And more importantly it'll let us go back to finding other, better excuses for why we're losing the fights we're losing. Next month: Yup. That's right. I kick some more ass. Or vice versa.

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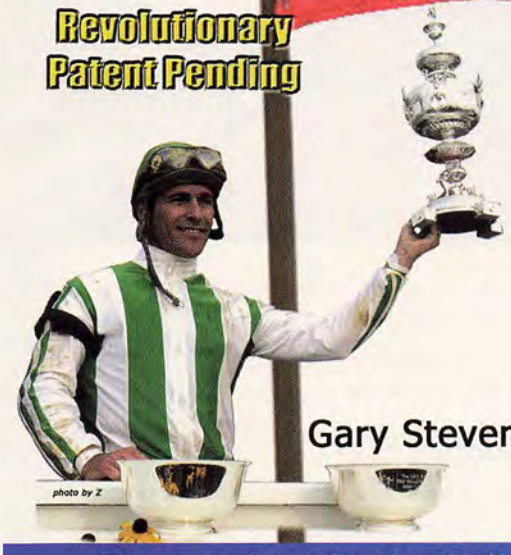

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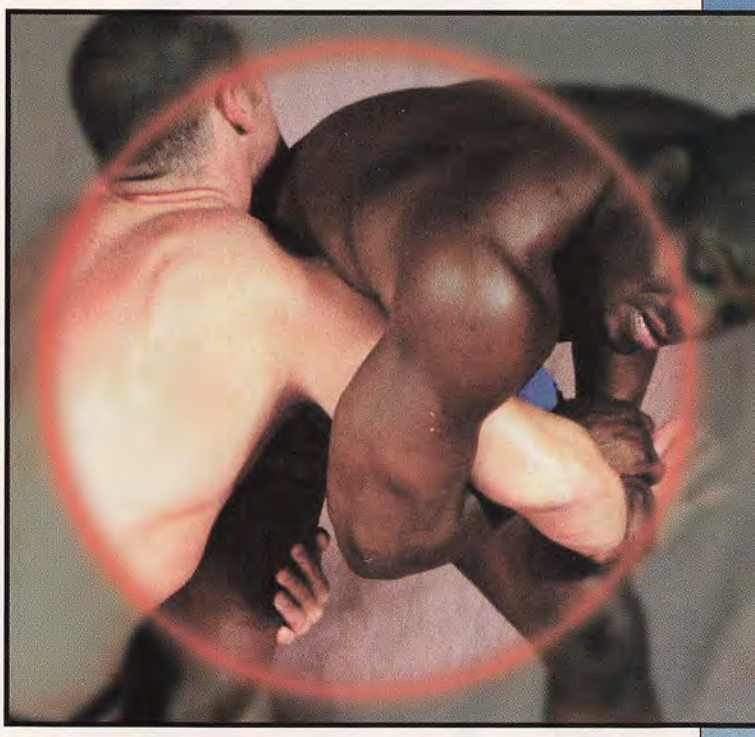
Medicine Man

BY JOHN G. KEATING, MD

The AC Joint



Think of Frank Shamrock picking up Igor Sinoveiv and slamming him to the mat, and you get some idea of why the shoulder is at such risk for injury in the fighting sports. And there are an alarming number of different shoulder injuries. There's the shoulder dislocation, the rotator cuff tear, the broken clavicle, and the subject for today: the AC joint.

Shoulder Structure

There are few joints more commonly injured in the fighting sports than the acromioclavicular (AC) joint. Located on the outer superior edge of the shoulder where the clavicle (collarbone) meets the scapula (shoulder blade), this joint provides stability to the shoulder while contributing to the shoulder's remarkable range of motion. Particularly vulnerable to injury because of its location on a part of the body frequently subject to direct blows, dislocation of the AC joint has been one of the earliest sports injuries written about. Galen, one of the most famous of the Graeco-Roman physicians (129-199 A.D.) diagnosed his own AC separation suffered wrestling in the palestra. Unfortunately , we haven't made a great deal of progress in treatment since then.

"How many people do you know walking around with that big "bump" on the top of the shoulder that appears after an accident - if you can call getting picked up by Matt Hughes and slammed onto the canvas an accident."

Think of the outer end of the clavicle (collarbone) as a dowel rod that connects to the tip of your shoulder blade and rotates around that point when you raise your arm away from your body to the side or in front of you. Rotating it is one of the things that allows the shoulder its range of motion. It is stabilized by a combination of ligaments that attach the bones together and a gristle-like capsule that surrounds the joint.

Two Common Problems

There are two basic types of problems you can have with your AC joint: traumatic and degenerative. The first, traumatic, is more dramatic and obvious than the degenerative. How many people do you know walking around with that big "bump" on the top of the shoulder that appears after an accident - if you can call getting picked up by Matt Hughes and slammed onto the canvas an accident. Basically what happens is that the end of the clavicle, the dowel rod, comes unhinged when the ligaments that hold it in place tear or stretch, and it just pops up in the air. This is called an AC separation and needs to be distinguished from the more serious shoulder dislocation in which the humerus (arm bone) comes out of the joint it forms with the shoulder blade and requires emergency medical treatment to get it back into place.

There are degrees of AC joint separation, ranging from mild with a small swelling and soreness over the joint, to extreme with the end of the clavicle sticking up so much it tents the skin and forms a significant visible deformity. Treatment remains somewhat controversial. For mild to moderate cases, rest, ice, anti-inflammatories and progressive return to function as symptoms allow. Even in cases where the end of the clavicle is prominent and you have that big bump on your shoulder, the conventional wisdom is that it is a cosmetic problem rather than a functional problem. You got a big lump on your shoulder? Get used to it or trade it for a scar (surgery) without much improvement in symptoms. The truth is, for the active athlete, an AC separation can be a

Continued on page 125

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BY EDDIE GOLDMAN

Why We Vote Against Mixed Martial Arts Ranking Polls

Every so often several of us at *Grappling* are asked to participate in various polls to rank mixed martial arts fighters. No doubt most of the people organizing these polls are sincere in trying to end the current sprawling, fractionalized state of mixed martial arts and meld it into an organized sport. The problems in the sport, however, which often stem exactly from that fractionalized, disorganized state, are the reasons we have declined these offers.

The purpose of rankings is to rate the fighters so that the best fight the best, the champions in each weight class fight the top contenders, and other fighters are given a way of working their way up the ranks into title contention. This was done to avoid mismatches and soft fights for the champions, and also to prevent promoters from keeping worthy contenders from getting title shots. The polls are supposed to be an objective measure of who deserves to be in what position. They also are supposed to be based, as much as possible, on who fought whom, and who won. Therein lies the rub. In the present state of mixed martial arts, all this becomes largely comparing apples and oranges.

"If mixed martial arts is to have an independent sanctioning body, there must be ONE, and one alone."

No Uniform Rules

First off, when rating fighters internationally, there are no uniform rules. Some groups allow kicking and kneeing the head of a downed opponent. Others don't. Anyone who has seen fights where these are allowed, such as recent fights in Pride, knows how crucial these tactics can become in a fight, especially with fighters with styles that put them in a position to execute these techniques. Yet in other events, like UFC and those that follow the unified rules mandated by many state athletic commissions, these techniques are disallowed.

What would happen in these same fights if they were held under different rules? At best, one could speculate and come up with an opinion. But the need for speculation demonstrates that polls based on comparing results from organizations with such diverse rules are not valid. Today, mixed martial arts events are also held in either a ring or cage. In fact, the unified rules allow promoters to use either of these, so long as the ring or cage meets their approval. Which is better for mixed martial arts is a discussion for another time. But the fact is that both are used, and again, by major organizations - UFC and many others use a cage, and Pride and many others a ring.

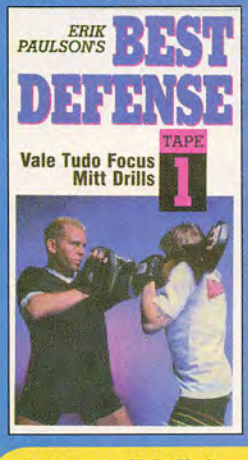
No Common Ring

Anyone who has seen fights in rings and cages also should know that the type of enclosure plays a big role in the outcome of a fight. In UFC, it has become almost standard for a fighter to try to execute a takedown close to the fence and push his opponent against it. Some fighters use the cage very effectively, and train specifically in the use of the cage. This is perfectly legal and increasingly more common. This cannot be done in various events in a ring. If the fighters get too

Continued on page 116

Erik Paulson's Best Defense

Erik Paulson is one of the most versatile and well-rounded teachers and fighters in martial arts today. He is not just someone who tells people how to train and fight, he speaks from experience and has taught, trained and fought all over the world. The Shooto World Light Heavyweight Champion for the past five years, Paulson has fought against and beaten some of the world's top fighters. Now one of the most sought after instructors in the world reveals his secrets in this one-of-a-kind video series.



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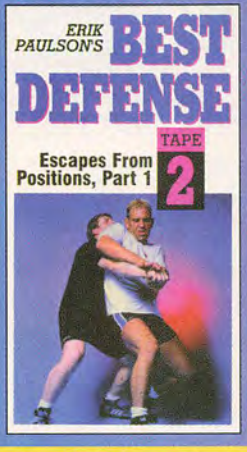

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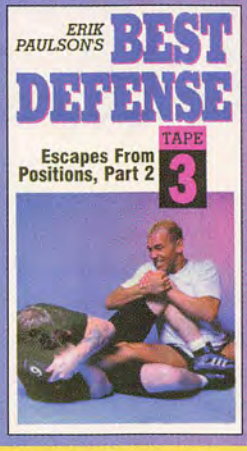

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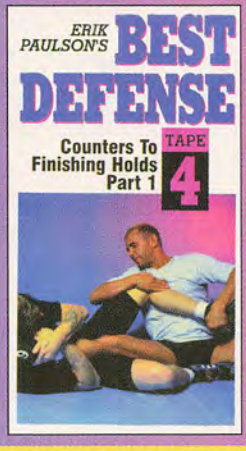

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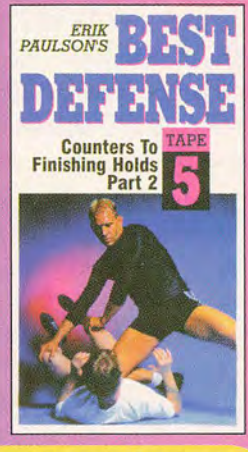

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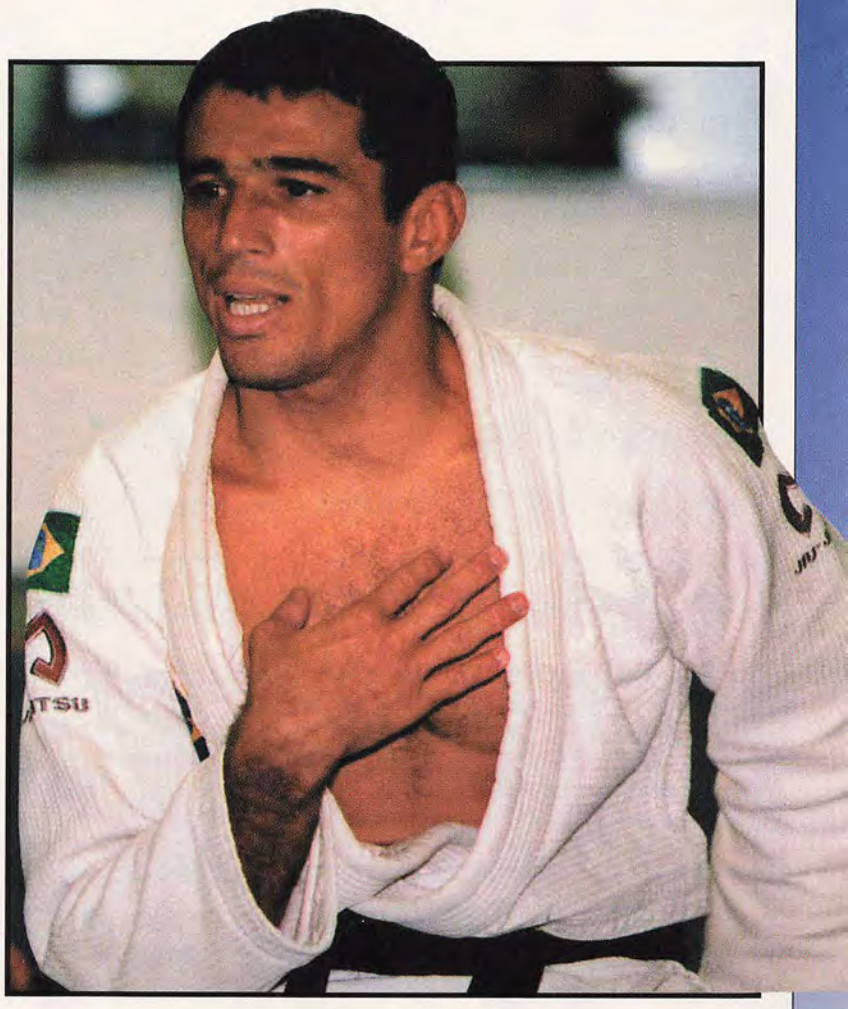
BY ROYLER GRACIE

Speed Kills

During my seminars around the USA, a lot of people come to me and ask how they can execute moves faster. You see, they are very impressed by the way top fighters move so quickly from position to position and want to know if I have a drill series to help them speed up their game. When one sees top fighters like Saulo Ribeiro, Fernando Margarida, Shaolin Ribeiro, or Leo Vieira look so smooth and quick, they think there must be something that I can do to get that speed - well, there is.

"While a lot of speed and skill does comes from natural ability, there are drills that can help you speed up your game."



While a lot of speed and skill *does* comes from natural ability, there are drills that can help you speed up your game. My favorite drills are repeating a particular motion several times with a partner until I get the move down. Then little by little I continue the repetition while accelerating the pace until I can do the move very fast without hesitation. For instance, you can do an arm bar from the mount or the guard or a sweep several times from side to side. If you repeat the move correctly, after a while you'll be able to gain speed with each training session. In the book *Brazilian Jiu-Jitsu Theory and Technique*, my cousin Renzo and I show a several examples of simple drills like the "Upa" drill, where you can improve a move by simple repetition.

Now there is one problem, however; simply knowing how to do a move fast will only help you in that particular instance, with that move or series of moves. If you just rely on that alone, you will look very fast when the opportunity to use that move arises, and then the rest of the time will look completely lost! I have seen many students who like to explode from position to position without rhyme or reason - and without the proper technique. What I want to point out is that simply moving fast, without the proper technique and correct decisions, is worse than moving slowly and correctly towards the right solution. It is like you are at the edge of the crevasse; you can try to jump and reach the branch on the other side and probably fall, or you can walk around the long way and get to you destination for sure. In jiu-jitsu, you should always prefer the safe route until you are sure that when you jump you will catch the branch.

The best way to improve speed is to simply practice; go to your school and learn techniques and practice them before, during, and after training. Mat time is the single most important thing you can do to add speed to your game, because speed is a consequence of consistent repetition, not wild explosive movement. You should always think fast, then move slow. Fast, correct, decision making will shed a lot more nanoseconds from you game than mere repetition alone. So remember, try to go faster but make sure you are doing it correctly - it is better to be slow and perfect than fast and sloppy!

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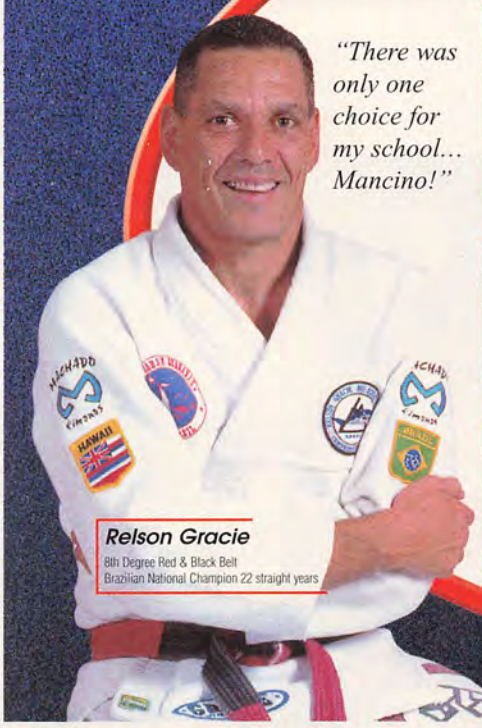

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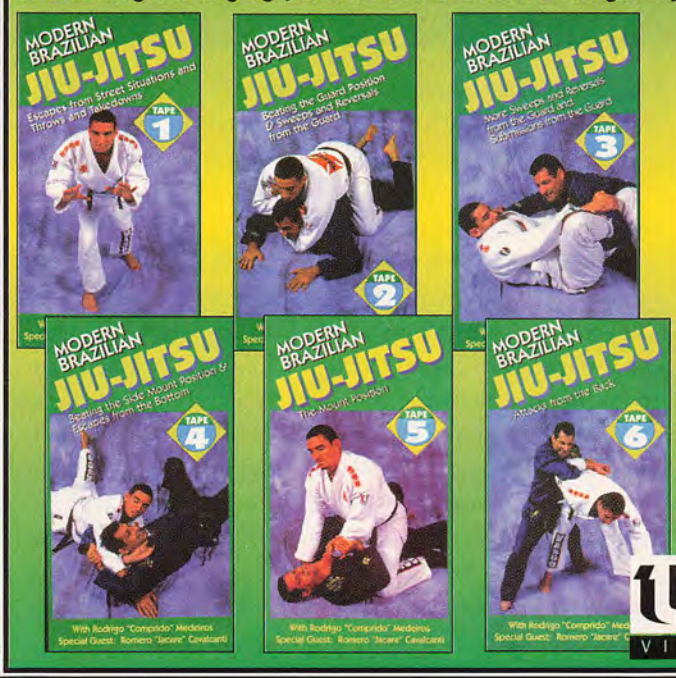
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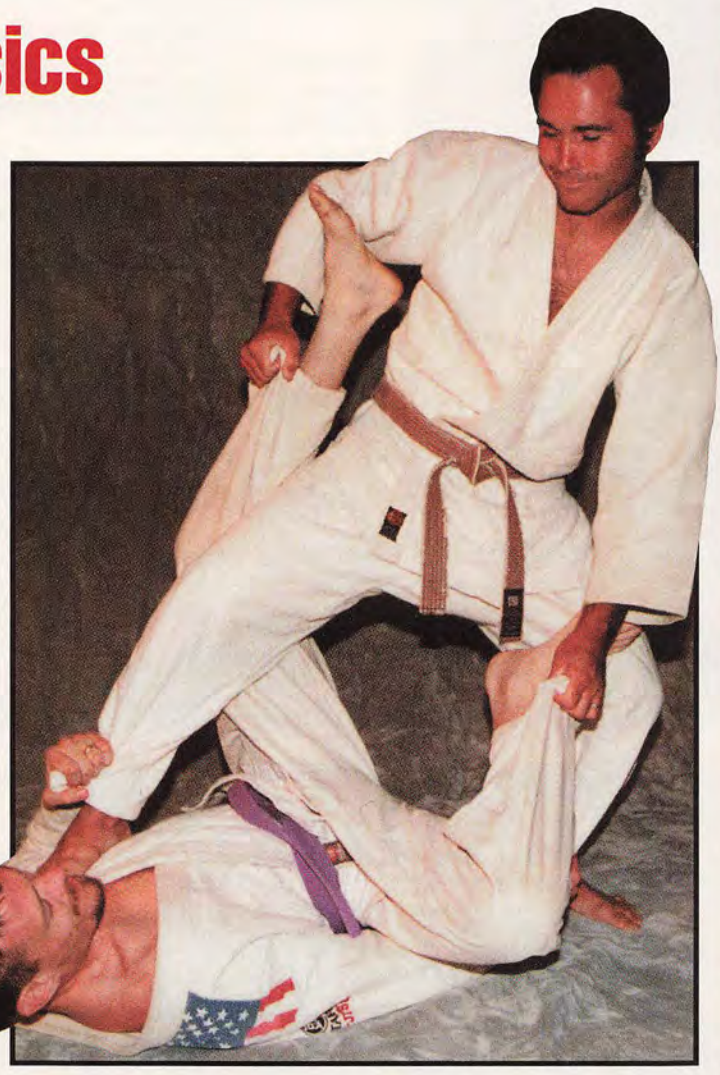
Mat Time

BY KID PELIGRO

Sweating the Basics



I train at various academies around the world and I have been fortunate enough to practice and learn from some of the best BJJ fighters there are. Because people know that, from time to time I am asked to demonstrate the latest trick or the latest sweep or submission. I tell them that the most important thing they can learn are the right basics - especially the details. When I train with Royler, Renzo, Saulo or Comprido, for example, I am not necessarily looking to learn the latest stuff. Rather, I am looking to correct a minor detail or to get a small piece of ammunition to add to my arsenal of existing moves.

If you are a top-level competitor, then you *should* concern yourself with the latest positions and the latest tricks, because at that level any small edge is a huge advantage. But for the regular person who trains every day, and especially for the ones who train once or twice a week and just want to get better, it is far more important to learn the basics such as the right posture, or how to pass guard correctly, than it is to learn a complicated submission. The reason is that if you can't pass the guard right, or you don't have the right posture, you will never be in a position to even attempt a complicated submission, much less to successfully execute it.

"It is easier to take your time and correct the small mistakes now, rather than try to correct bad habits later."

Recently in training, I was watching a long-time purple belt having a difficult time getting the arm of an advanced white belt from the mount. The purple belt, a very good fighter in his own right, was missing a small detail in his technique. Then I watched a blue belt passing the guard of another white belt, and every time he got to the side, his opponent would put him back in the guard. Again he was missing a small detail that, once applied, changed the entire scenario. Then there was a third person, a blue belt who had tremendous athletic ability and was jumping around, in and out of trouble, but without much direction, and he eventually got submitted by another blue belt.

Once they stopped training, I pulled them aside and corrected their mistakes. I had them train again and the little corrections yielded much better results. After the training session was over, we talked about how sometimes you have the right knowledge but little-by-little you forget the details. When that happens you need someone on the outside to remind you what you are doing wrong.

The point that I am trying to make is that you need to cement the basics deep in your mind and body before you can become a better fighter. In the long run you will progress much farther by concentrating on the basics rather than trying to learn the latest complicated tricks. So my suggestion for anyone trying to improve is, of course, to train hard; but make sure you concentrate on doing the right moves and the right techniques in the simplest and most direct manner. It is easier to take your time and correct the small mistakes now, rather than try to correct bad habits later. Stay cool and train hard - but also train smart. You will progress a lot faster and have much more fun doing it. Now go hit the mats!

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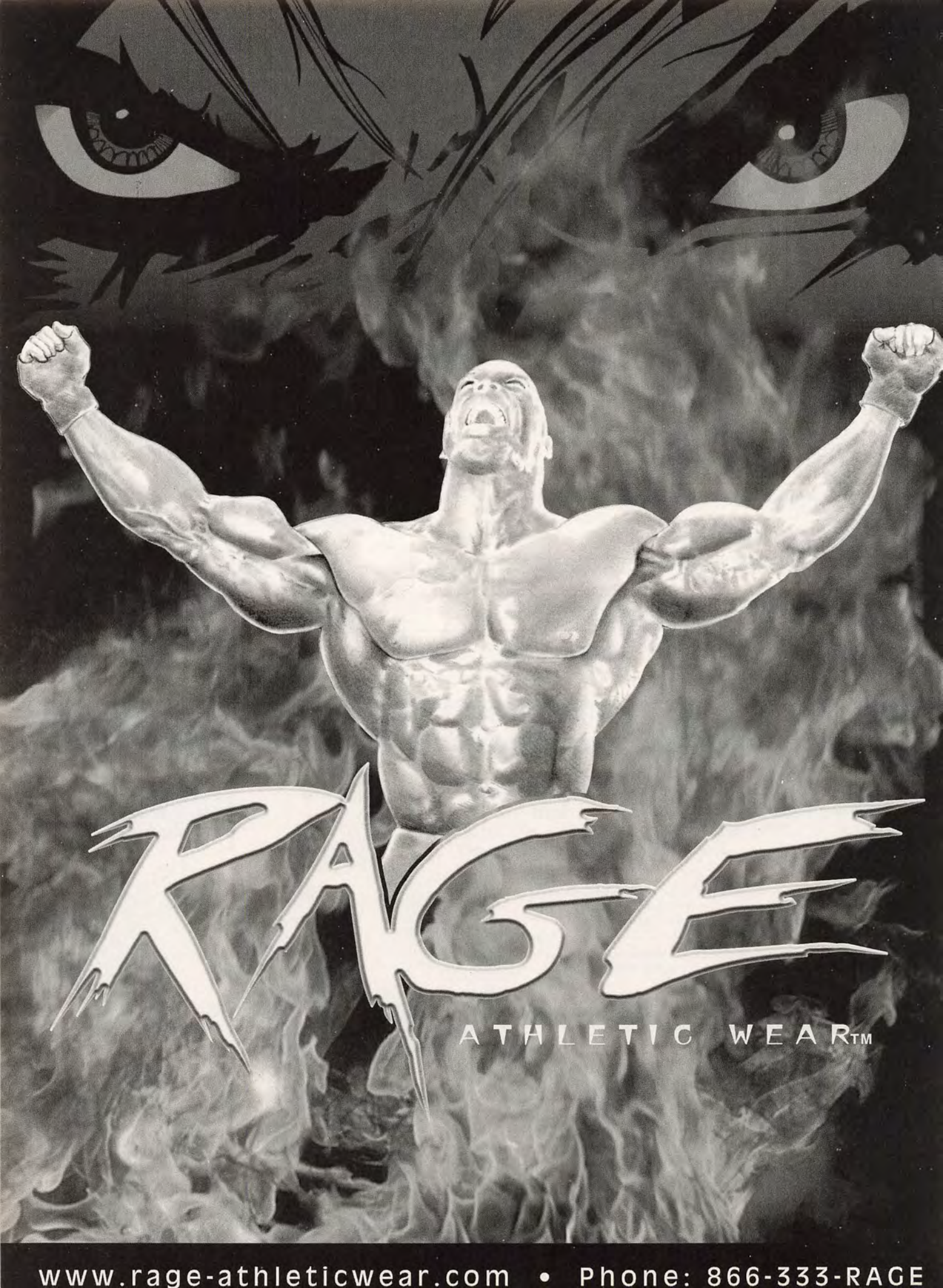

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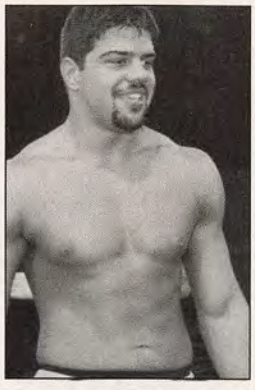
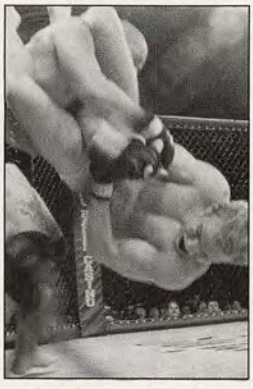
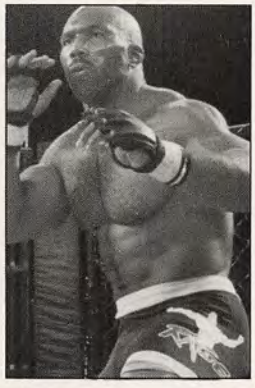

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"I try to make everyone feel like we personally appreciate them coming to the show and that we want them to return."

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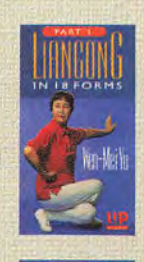

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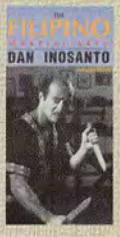

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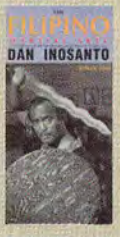

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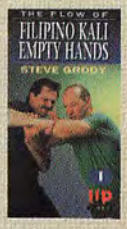

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LAMECO ESKRIMA: ESSENTIAL SINGLE STICK SKILLS

FEATURING EDGAR G. SULITE

Part 1

Basic footwork patterns; forward and back, sidestepping and triangle, plus maneuvers such as ducking and bobbing and weaving. Next, you'll learn the basic grips, the concept of the big circle and small circle, and the basic striking angles.

LESS1 · $39.95 · 58 min.

Part 2

A new series of 12 drills that combine all the basics previously learned. Concludes with additional drills designed to develop power in your strikes.

LESS2 · $39.95 · 58 min.

PANANTUKAN FILIPINO KICK BOXING

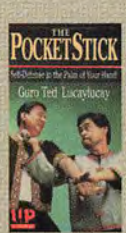
FEATURING TED LUCAYLUCAY

The movements found in knife fighting. Ted clearly illustrates Blade Awareness and the techniques you'll need to learn Covering, Striking, Punching and Countering Skills.

PANT · $39.95 · 55 min.

THE POCKET STICK

FEATURING TED LUCAYLUCAY



Self defense in the palm of your hand! The pocket stick is simple enough for anyone to learn as a viable means of self-defense.

PS01 · $39.95 · 55 min.

SAGASA - FILIPINO UNARMED COMBAT

FEATURING CHRISTOPHER RICKETTS

Sagasa Karate/Kickboxing is a Filipino system of unarmed combat based on the principles and concepts originated by Dr. Gullermo Lengson.

Volume 1: Basic Stances, Kicking Drills and Series Principles

Volume 1 introduces the concept of Series; a groundbreaking training method that has made Bakbakan fighters a force in both point and contact sparring.

#FIL01 · $39.95 · 42 min.

Volume 2: Series Principles and Training Methods

The strategy and concept of straight dodging as well as the scissors drills are discussed in detail. Volume 2 includes the Crane Attack and Series 5 and 6.

#FIL02 · $39.95 · 36 min.

STICKBOXING

FEATURING TED LUCAYLUCAY

From the structure of Kali and the concepts of JKD comes the dynamic art of 'stickboxing', that uses the full arsenal of Kali/JKD tools.

SB01 · $39.95 · 55 min.

HAPKIDO

HAPKIDO

FEATURING SCOTT SHAW

Part 1: The Basic Elements of Hapkido

Part one includes warm-ups, stretching, basic kicks, hand strikes, blocks, falling techniques, joint locks and basic self-defense.

HAP01 · $39.95 · 49 min.

Part 2: Deflections, Joint Locks and Throws

Part 2 focuses on deflection and distance control as a concept for defense. Scott then teaches advanced jointlocking techniques to control or throw your opponent.

HAP02 · $39.95 · 55 min.

Part 3: Kicking Techniques and Defenses

In this tape you'll learn advanced stretches and kicks, Hapkido concepts for using your kicks in combat, and proper defense against kick attacks.

HAP03 · $39.95 · 51 min.

Part 4: Ground Fighting, Weapon Defenses and Hapkido Cane Techniques

Groundfighting, self-defense against weapons and the basics of Hapkido's unique weapon, the cane, demonstrating a variety of easy to apply techniques.

HAP04 · $39.95 · 53 min.

JEET KUNE DO

BRUCE LEE'S JEET KUNE DO

FEATURING BRUCE LEE

In this exceptional film, Bruce Lee personally explains and demonstrates: His punching method · His kicking techniques · His movement and combat principles · His unique philosophy of combat and how it can be applied as a philosophy of life. Featuring research notes, drawings, home movies, private videos and audio recordings, plus additional commentary by Brandon Lee and Dan Inosanto.

#BLJKD · $39.95 · 60 minutes

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MARTIAL ARTS BOOKS AND VIDEOS

VIDEOS

Bruce Lee's Jeet Kune Do, Vol. 2

FEATURING BRUCE LEE

This is the story of Bruce Lee — his life, his martial arts and his movies.

- A behind the scenes look at Bruce Lee's movies
- Rare footage of Lee training and teaching
- Interviews with his friends, students and co-stars
- Never before seen out-take footage
- Features Lee's appearance in all four episodes of "Longstreet"
- Never before seen extracts of Lee's unfinished work "Game of Death"
- Spectacular excerpts from his movies

#BLJKD2 · $39.95 · 55 minutes

CHRIS KENT'S JEET KUNE DO FROM A TO Z

FEATURING CHRIS KENT

Tape 1: Mastering the Basics

A wealth of knowledge from how to stand, how to move, the "lead-hand" ready position to body alignment and mobility.

#JKDK01 · $39.95 · 58 min.

Tape 2: JKD Strikes

The famed "straight blast," as well as the vertical fist position, elbow moves, footwork, and combination. When to use various strikes, and how to apply them from every angle.

#JKDK02 · $39.95 · 52 min.

Tape 3: Scientific Fighting

Learn the various types of attack, timing, feints and distraction. Chris offers detailed explanation of the concepts Bruce Lee spent most of his life formulating.

#JKDK03 · $39.95 · 58 min.

Tape 4: Advanced Strategies

In this tape, Chris reveals some of the more advanced strategies of JKD. Learn false attack, flowing, interception, precision, parries, and simultaneous attack and defense.

#JKDK04 · $39.95 · 51 min.

Tape 5: Know the Moment

Learn when to move and when not to move, and the principle of the "intercepting fist," where the best defense is a well-timed offense.

#JKDK05 · $39.95 · 51 min.

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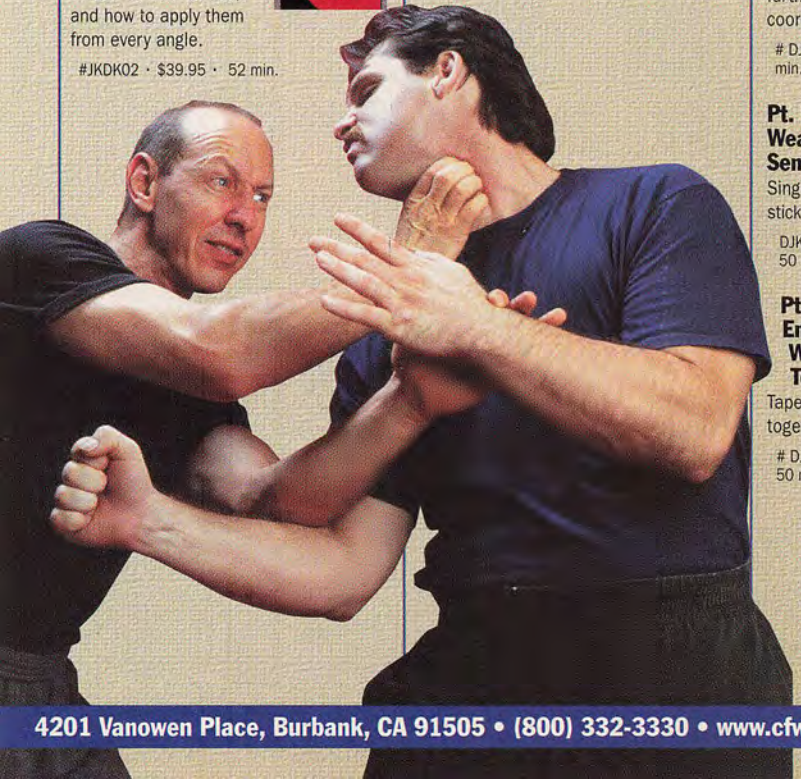
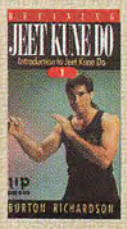


DEFINING JEET KUNE DO

FEATURING BURTON RICHARDSON

Burton Richardson brings you this fascinating and revealing six-tape series on Defining Jeet Kune Do, expanding on his previous 3-tape series.

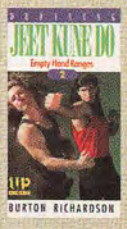
Pt 1: Introduction to Jeet Kune Do



The JKD philosophy, and the different ranges of combat and fighting postures. You'll learn the theories and concepts vital to building a strong foundation.

DJKD01 · $39.95 · 50 min.

Pt. 2: Empty Hand Ranges



This tape continues teaching you techniques that work in the kicking, punching, knee, elbow and grappling ranges.

DJKD02 · $39.95 · 50 min.

Pt. 3: Attributes and Training Methods

Solo and partner training drills which are the key to making an individual into an accomplished martial artist.

DJKD03 · $39.95 · 50 min.

Pt. 4 Training Methods: Drills with Equipment

In tape four Burt demonstrates the five ways of attack and how to utilize various equipment in your training methods to further sharpen your speed and coordination.

DJKD04 · $39.95 · 50 min.

Pt. 5 Drills with Weapons and Sensitivity Drills

Single stick, double stick and soft stick drills.

DJKD05 · $39.95 · 50 min.

Pt. 6 Sparring, Empty Hand and Weapons Techniques

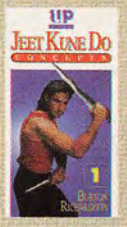
Tape six puts it all together.

DJKD06 · $39.95 · 50 min.

JEET KUNE DO CONCEPTS

FEATURING BURTON RICHARDSON

Part 1



Kali double stick drills and striking patterns used to develop coordination, focus and martial technique. Also covered is an overview of joint locks.

JKDR1 · $39.95 · 50 min.

Part 2

Learn sensitivity drills to enhance your trapping skills. Burton fnishes with some drills to develop your ability to flow from one technique to another.

JKDR2 · $39.95 · 50 min.

Part 3

In this tape, Burton focuses on the kickboxing mode of JKD.

JKDR3 · $39.95 · 50 min.

JEET KUNE DO CONCEPTS for KIDS

Bullyproof Your Child

FEATURING JUNE CASTRO

June teaches your child basic boxing and kicking skills, punching exercises and various offensive and defensive maneuvers. Interwoven into the training is the development of self-discipline and self-confidence that leads to success. June is assisted by several of her students, some as young as five years of age.

JKDK · $39.95 · 57 min.

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MARTIAL ARTS BOOKS AND VIDEOS

VIDEOS

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JEET KUNE DO

FEATURING JERRY POTEET

This is a rare opportunity to train with the man Dan Inosanto has called "One of the most knowledgeable JKD men alive!"

Volume One: Building the Foundation

The JKD lead leg/lead hand method, economy of motion principles, JKD jab vs. boxing jab, the longest weapon to the closest target concept, demonstrations of JKD simplicity, basic JKD body mechanics and more!

#JKDP01 · $49.95 · 60 minutes

Volume Two: Dynamics of Hitting & Kicking

Volume two features: the famous JKD broken rhythm training method, focus glove impact training, JKD modified boxing, the unique inverted kick, the JKD short arc principle, and much more!

#JKDP02 · $49.95 · 60 minutes

Volume Three: Trapping: The Nucleus of JKD

In volume three Poteet examines energy drills and their combat applications as originally taught by Bruce Lee.

#JKDP03 · $49.95 · 60 minutes

Volume Four: The 5 Ways of Attack

In volume four Jerry Poteet demonstrates and explains the "essence of Jeet Kune Do". Also included are: demonstrations of JKD hand and leg attacks, JKD boxing drills, chi sao & don chi, application of single attack, and progressive indirect attack.

#JKDP04 · $49.95 · 60 minutes

Volume Five: Equipment & Supplemental Training

Drills and applications for the heavy bag, the top and bottom bag, wing chun dummy, focus gloves, hanging newspaper, wrist roller, foot obstruction kicking apparatus and more!

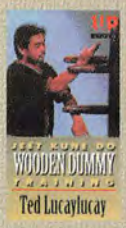
#JKDP05 · $49.95 · 60 minutes

Volume Six: Training Women & Children

Jerry Poteet and Fran Joseph show how students of smaller physical stature and children can effectively apply JKD in combat.

#JKDP06 · $49.95 · 60 minutes

JEET KUNE DO WOODEN DUMMY TRAINING

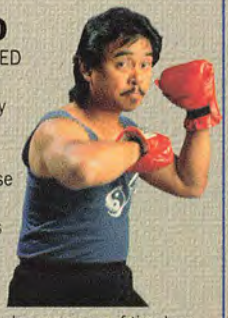


FEATURING TED LUCAYLUCAY

Bruce Lee used the wing chun wooden dummy for much of his personal training. Ted Lucaylucay demonstrates some of the non-traditional methods he learned while studying at the original Kali/JKD academy.

JKDWD · $39.95 · 60 min.

KALI/JKD



FEATURING TED LUCAYLUCAY

Ted Lucaylucay passed away March 30, 1996, but these videotapes of the early years of his training are not only historically significant but also a source of timeless information.

Volume 1

Weapon Exercise Position · Angulation Theory · Parry & Safety Factors · Angles of Attack · Mobility · Static & Free-Flow Techniques

#JKDL01 · $39.95 · 60 minutes

Volume 2

Focus Gloves · Heavy Bag · Mok Jong · Kicking Shield · Double-End Bag · 5 Ways of Attack

#JKDL02 · $39.95 · 60 minutes

Volume 3

Timing/Rhythm Drills · Counterattack · Trapping Drills · Sensitivity Drills · Don Chi · Chi Sao

#JKDL03 · $39.95 · 60 minutes

Volume 4

Basic Knive Positions · Offensive/Defensive Training · Disarms & Takedowns · 12 Angles of Knife Attacks

#JKDL04 · $39.95 · 60 minutes

KALI/JUN FAN/JEET KUNE DO SECTORING

FEATURING STEVE GRODY

An inter-related series of the most efficient ways to simultaneously counterattack according to the relative positions of you and your opponent's arms.

GRD01 · $39.95 · 55 min.

JUN FAN/JEET KUNE DO TRAPPING SKILLS

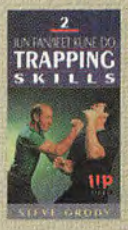
FEATURING STEVE GRODY

Part 1

A clear-cut progression of training designed to give an understanding of the why, when and how of trapping.

GRD02 · $39.95 · 58 min.

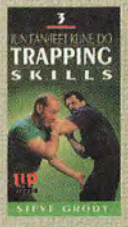
Part 2



In this tape, Grody continues the double trap series and presents drills designed to develop speed of perception and reaction in trapping.

GRD03 · $39.95 · 58 min.

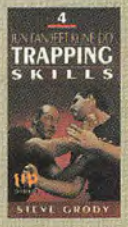
Part 3



In this tape, Grody shows you how to defend your trapping against counter punching and how to counter trap a trapper.

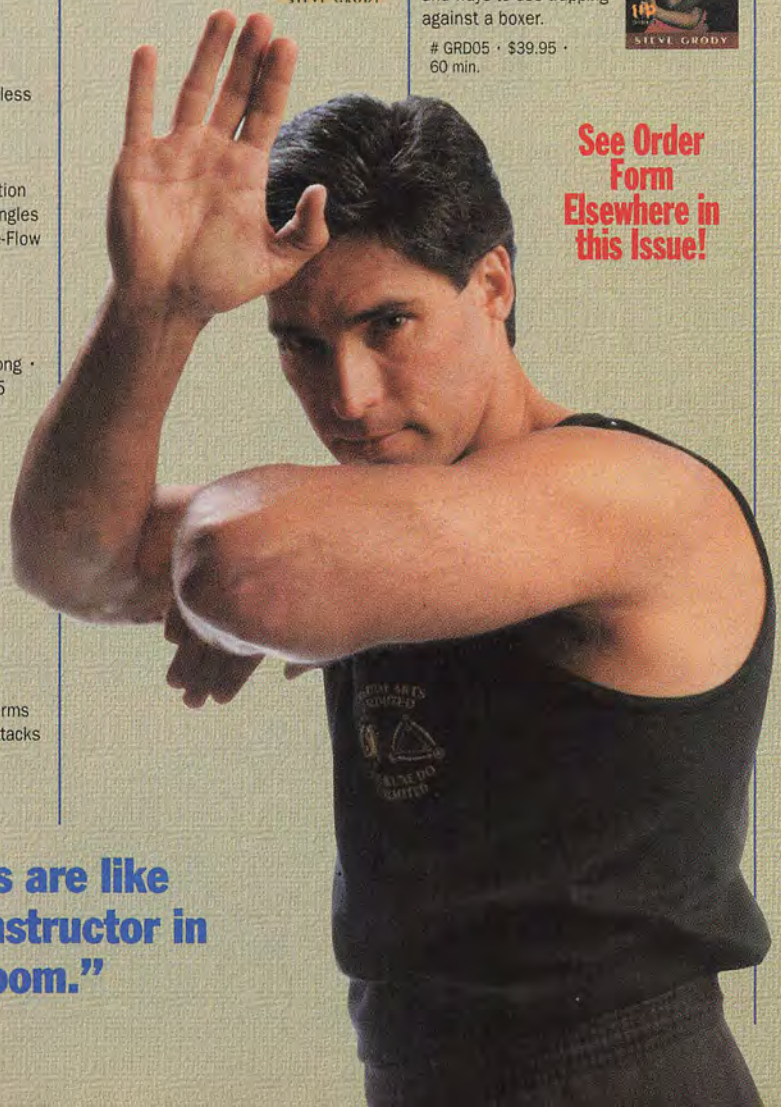
GRD04 · $39.95 · 45 min.

Part 4



In this tape, Grody finishes the counter-trap series, demonstrates entries to trapping, trapping from defense and ways to use trapping against a boxer.

GRD05 · $39.95 · 60 min.



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"These tapes are like having the instructor in your living room."

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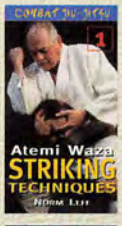
VIDEOS

JIU-JITSU

COMBAT JIU-JITSU

FEATURING NORMAN LEFF



In South America, Norman Leff met a former Japanese Marine who taught him the aspects of jiu-jitsu not conventionally taught, even in Japan!

Volume 1: Atemi Waza Striking Techniques
Vital Points, striking techniques and footwork.
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Volume 2: Locks and Throws
Control techniques and jiu-jitsu's most effective throws.
#CJJ02 · $39.95

Volume 3: Counterattack
When the other person makes the first move!
#CJJ03 · $39.95

Volume 4: Fight Stoppers
How to end a confrontation before it escalates.
#CJJ04 · $39.95

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FEATURING EGAN INOUE

Egan Inoue was the first non-Brazilian to win his division in the Jiu-Jitsu World Championships. Fighting from the three key groundfighting positions.

THE GUARD
Although you are on your back, the guard is a powerful position. Learn to maintain control, pass or escape the guard as well as how to counter those escape moves.
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A great position for controlling your opponent and working your way to the mount. Learn the proper body mechanics for maximum leverage with the least amount of effort.
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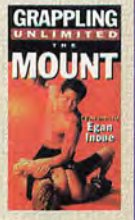
The mount is the dominant position in groundfighting. You'll learn how to hold your position as well as how to finish off your opponent.
#GLTD03 · $39.95 · 50 min.



KAJUKENBO

KAJUKENBO/WUN HOP KUEN DO

FEATURING AL DACASCOS

Part 1: Beginning Theories, Principles and Techniques
Approaching target areas and personal weapons. Ranges, levels and angles of attack, and techniques for entering and exiting your opponent's critical zones!
KAJU · $39.95 · 55 min.

Part 2: Intermediate Theories, Principles and Techniques
Snap vs. thrusting techniques, telegraphing signs and reading your opponent. Enhance your speed and power by developing relaxation!
WHKD2 · $39.95 · 55 min.

Part 3: How to Counter Kicks
Learn how to counter your opponent's techniques, destroy his balance, and disrupt his center of energy!
WHKD3 · $39.95 · 55 min.

Part 4: How To Work Basics On The Inside Range
Use these against an opponent who doesn't respond to your striking techniques! Dacascos teaches you to flow with a resisting opponent as well as special exotic kicks.
WHKD4 · $39.95 · 55 min.

KARATE

AMERICAN SHAOLIN KENPO

FEATURING JUNE CASTRO

Part 1: Fundamentals
Learn the fundamentals to develop the necessary strength, speed, and foundation for Shaolin Kenpo from 8th degree black belt June Castro.
ASK01 · $39.95 · 56 min.

Part 2: Using Jeet Kune Do Concepts in Training
The Jeet Kune Do Concept of research and development to Kenpo's training methods.
ASK02 · $39.95 · 46 min.

BEGINNING KARATE

FEATURING JERRY TRIMBLE

Conditioning drills, stretching, the stance, howto punch with power, basic kicking and basic blocks. Learn drills to improve balance, power and speed.
TRIM1 · $39.95 · 50 min.

Part 2: Beginning & Intermediate Combinations with Endurance Drills
Warm-ups and stretching exercises, then body mechanics and fighting strategies. Learn how to develop maximum power and which combinations work.
TRIM 2 · $39.95 · 50 min.

COMBAT KARATE

FEATURING BEN OTAKE

Ben Otake, with over 30 years of experience brings to the public the pure, devastating power of traditional karate.

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Ben Otake reveals his method of devastating defense, and how to counter an aggressive move by an opponent.
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Tape 2: Massive Retaliation
How to counter any form of attack from an opponent, and how, once the opponent commits to an attack how to end the confrontation in seconds.
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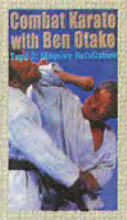

TRADITIONAL GOJU-RYU KARATE

FEATURING KENT MOYER

Volume 1: White Belt Techniques
Junbi Undo · Hojo Undo · Kihon · Kihon Ido · Sandan Uke Harai.
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Volume 2: Yellow Belt Techniques
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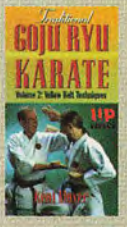
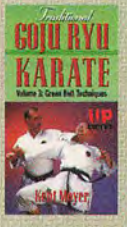
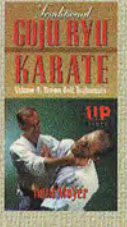
GOR02 · $39.95



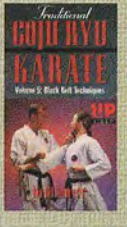
Volume 3: Green Belt Techniques
Kihon · Kihon Ido · Introduction to Fighting Stances & Movements · Kihon Ido Fighting Drills · Kotekitai · Sandan Gi San · Geki Sai Dai Ni Bunkai · Saifa Kata · Randori.
GOR03 · $39.95



Volume 4: Brown Belt Techniques
Ukemi · Kihon Combinations · Basic Kakie · Sandan Gi Yon · Saifa Bunkai · Seiunchin Kata · Ippon Kumite · Yakusoku Kumite.
GOR04 · $39.95



Volume 5: Black Belt Techniques
Kihon Ido Combinations · Sandan Gi Go · Advanced Kakie · Seiunchin Bunkai · Shisochin Kata · Shisochin Bunkai · Weapons Defenses · Point Fighting · Iri Kumi.
GOR05 · $39.95



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GOSOKU RYU KARATE

Action Kumite & Free Sparring

FEATURING TAK KUBOTA

Learn this incredible style of Karate that Tak Kubota has developed through years of training.

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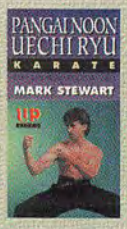
PANGAI NOON/UECHI RYU KARATE

FEATURING MARK STEWART

Part 1: Understanding Kata



Mark Stewart sheds some light on the little shown hidden motions of kata. He works with the Sanchin, Seisan and the Sanseiryu kata, giving applications of movements in the forms, some as simple as the bow and opening the stance.

URK01 · $39.95 · 45 min

Part 2: Training Drills

Training drills designed to develop the hidden motions found in the katas of Uechi Ryu Karate. Mark explains the sticky hand drill, the double sticky hand drill, the forward energy drill and the wauke circle block drill.

URK02 · $39.95 · 40 min.

KICKBOXING

THE ART OF KICKBOXING

FEATURING MARK STEWART

Part 1: Ring Smart

Mark Stewart combines his knowledge of Thai Boxing, Savate and other methods into the modern day art as practiced by the Kali/Jeet Kune Do family!

AKB1 · $39.95 · 50 min.

Part 2: Street Wise

This tape concentrates on using the kickboxing concepts for street self-defense.

AKB2 · $39.95 · 50 min.

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CHINESE IN-FIGHTING

FEATURING DOUGLAS WONG

Advanced techniques for close range combat, designed to keep your opponent off balance. Learn inside and outside attacking methods that use the principles of deflection as well as close range kicking drills using body torque for total striking power!

DWONC · $39.95 · 58 min.

CHINESE MARTIAL ARTS FIGHTING SKILLS

FEATURING DOUGLAS WONG

The fighting concepts are broken into two components: 'Linear Motion vs. Circular Motion'. Wong also covers the principles of fighting multiple opponents, defenses against weapons, take-downs and more!

DWONB · $39.95 · 58 min.

COMBAT KUNG-FU

FEATURING GERALD OKAMURA

Gerald Okamura brings the principles of this devastating martial art to the public! And, as a special bonus, at the end of every tape Gerald, who also has an extensive background as a stuntman and stunt coordinator, reveals The Secrets of Movie Stunts.

Volume 1: How to Become an Effective Fighter

The underlying strategies used to make any unarmed combat art more effective.

#CKF01 · $39.95 · 58 min.

Volume 2: Free Fighting Strategies, Part One

How to overcome an opponent, regardless of size, strength or level of training.

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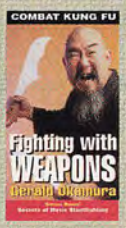

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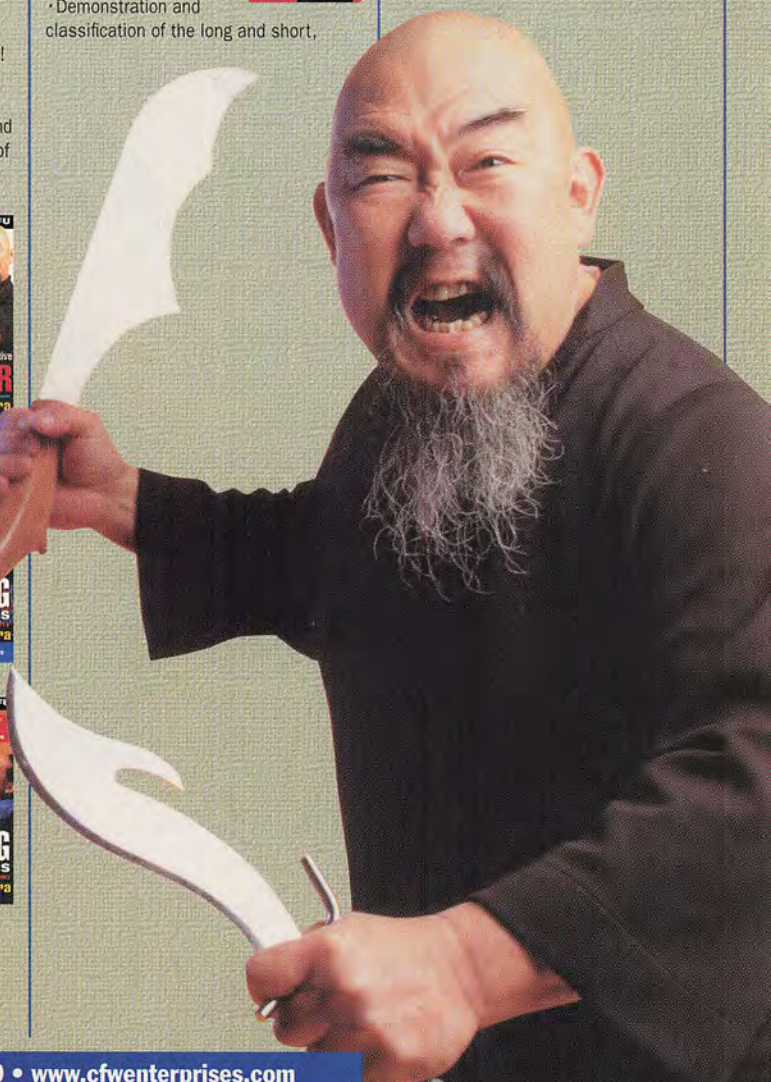
VIDEOS



Grappler's Grapevine

Reserve Your Spot At Gracie Camp!

The newly opened Gracie Camp in Rio de Janeiro offers high-level jiu-jitsu instruction without the worry of trying to survive in a Third World country. Everything is taken care of including food, lodging, transportation, and security in a world class resort setting. In this mini-interview, Carlos Gracie Jr., the man behind the Gracie Camp concept, explains how it all came about.

Q: How did you come up with the idea for a Gracie training center?

A: In the last few years there have been a large number of foreigners coming to visit and compete in my Rio academy. I have been a first-hand witness to the problems they encounter. In a strange country it can be very hard to secure safe and affordable lodging, decent meals, and other basic necessities. The foreign students spend so much time with daily living that they can't concentrate on learning the sport. That is where my idea came from. I wanted to provide BJJ foreign students with everything they needed so they could concentrate on learning the sport without the other worries.

Q: Who should come to the Gracie Camp?

A: Anyone interested in jiu-jitsu, whether a long time practitioner or a new beginner. The only requirement is that you have to be interested in jiu-jitsu. We have created a broad-spectrum program that covers every area. With that, the beginner can get the correct basics while the more advanced student can get the latest techniques while correcting their technical deficiencies. This approach takes each student to another level.

Q: Who teaches at the Gracie Camp?

A: Myself, with the help of instructors Márcio Feitosa and Flávio "Cachorrinho". Both are black belt champions, speak very good English, and have a high degree of technical knowledge. Additionally, the guests have direct contact with the other students at Gracie Barra during the evening training sessions. There are plenty of other great black belts there ready to give new information or answer questions. People like Nino "Elvis", Pé de Pano, Roleta, and others. We are also planning on bringing other students of mine who currently live outside of Brazil as guest instructors. People like Renzo Gracie, Jean Jacques Machado, Rigan Machado, Ricardo Cachorrão, Carlinhos Machado, etc.

Q: Where is the Gracie Camp?

A: The camp is located in a borough called Vargem Grande, 15 minutes away from the Gracie Barra Academy in Rio de Janeiro. It is a very tranquil place, where I while growing up with my parents. Generally, those on vacation want to get away from the stress of everyday life - that is why I chose that location. The camp is near waterfalls, horseback riding trails, beaches, and nature.

Q: Do you think a student from the camp can become a jiu-jitsu champion?

A: Our objective is to show our guests the right way to get there. Of course, to become a champion any student has to put forth continued effort and practice what they have learned. There are no guarantees they will win a world title. What I can guarantee is that during the time they are here, they will come to understand the philosophy and fundamentals of jiu-jitsu and learn why it is so successful.

Q: Are the students well taken care of?

A: The Gracie Camp staff provides the guest with everything they need. From the moment they arrive at the Rio International Airport until their departure ten days later, they are looked after. At this point, unfortunately, there isn't an airfare package in place but we are working on it.

Q: What kind of meals are served?

A: The Gracie family spent almost the entire 20th century fighting. We have never been able to afford, on the day of a fight, to be sick. Fortunately, Carlos Gracie, the patriarch of the family and the man behind the Gracie philosophy, found a solution to this problem. Carlos developed a diet based on not poisoning the body, taking care of it and respecting it, and the compatible chemical combination of different types of food. During his youth, Carlos Gracie ate about everything, and his sensitive body quickly reacted to such abuse. It didn't take long for him to develop serious health problems. He observed that certain combinations of food kept the blood chemistry neutral, as opposed to some mixtures that made it acid or alkaline. He created the nutrition concept known as the Gracie Diet, the

Continued on page 32

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11/10	ACAPULCO MEXICO + ESCR
11/11	ACAPULCO MEXICO + ESCR
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11/18	GLENDALE CA DRAGON FEST
11/23	CALGARY AL CANADA
11/24	TORONTO OT CAN. + ESCR
11/25	TORONTO OT CAN, + ESCR
11/30	MIDLAND TX

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12/02	NEW YORK, NY + ESCR
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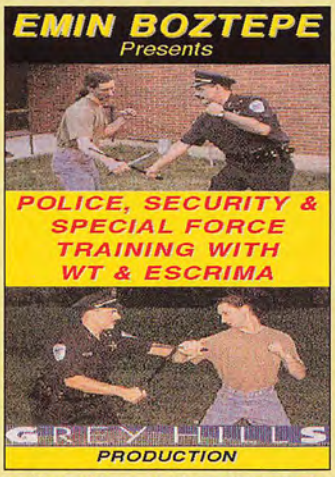

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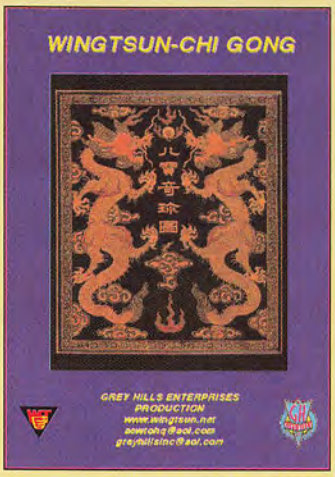

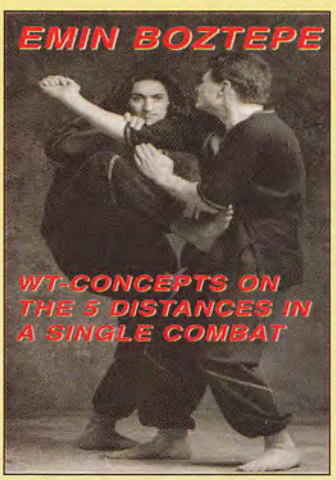

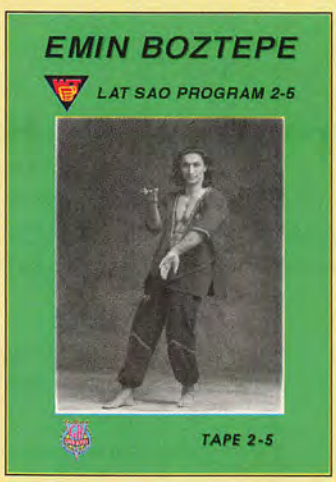

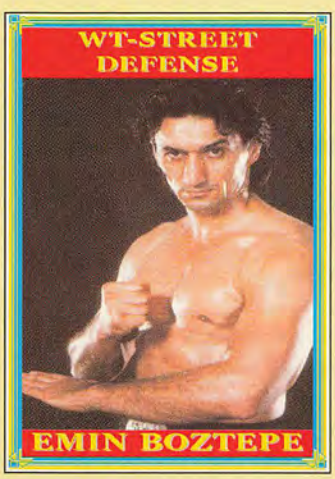

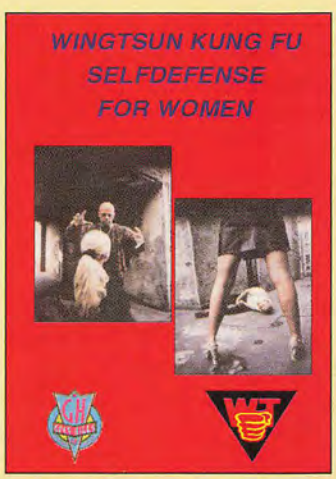

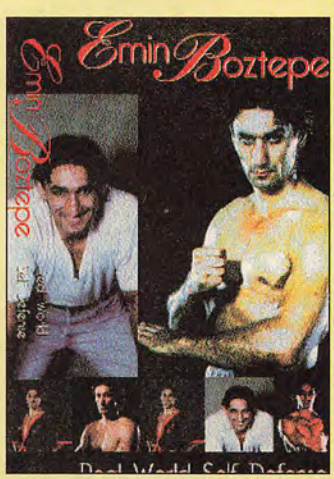

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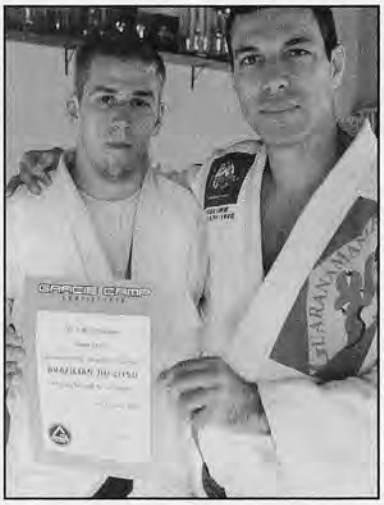
Grappler's Grapevine

Continued from page 124

development of which consumed the last 50 years of his life. Carlos Gracie died at age 93 in 1994, because of a heart disorder he had been carrying since he was born. But all his other organs were functioning perfectly. It was the ultimate proof of the success of his method, which is followed everyday by all the active fighters of the family, such as Rickson, Royce, Renzo, Royler, Ryan, and Ralph.



Q: How can people get more information on attending Gracie Camp?

A: Check out our Web site at www.graciecamp.com for complete information.

showtime report

UFC 33 Gets 40,000 Buys

By Eddie Goldman

NEW YORK, Oct. 26 - A report issued by SET (Showtime Event Television) Pay Per View estimates that the total number of buys on both cable and satellite television for UFC 33 on Sept. 28 was approximately 40,000. The report summarized the U.S. pay-per-view event industry's revenue in the third quarter of 2001, which it said rose 18 percent from the third quarter of 2000.

According to this report, there was only one event in the third quarter, UFC 33, in the category called "ring sports." That category has been used over the years for various mixed martial arts events, as well as kickboxing and other non-boxing fight shows. The total revenue for this one event was, again according to this report, $1,198,000.

If you take that figure and divide it by the price of UFC 33, which was $29.95, the result is 40,000 buys total. Typically, the producers of a pay-per-view event receive about 40 percent of the gross revenue, sharing it with both the pay-per-view networks like iN Demand, and the cable or satellite companies. According to Marina Capurro of SET, who confirmed by telephone these numbers, the figures in the SET reports are "an esti-

The Poet Laureate of No-Holds-Barred

Daryl Gholar is the current World Vale Tudo Middleweight Champion, a trainer and coach of the famous Brazil Top Team and the Vitor Belfort Competition Team, and a U.S. Greco-Roman wrestling champion. What most people don't know is that Gholar is also a rare book dealer, an accomplished photographer, and a poet. Through his many experiences in the ring and on the mat, Daryl Gholar has managed to give voice to the emotions and feelings that many no-holds-barred fighters share, yet few can express.

Champion Soup

To my recipe for champion soup,
The main ingredient that I include,
Is not sugar, salt, or flour,
But ordinary garden variety attitude.

I begin with a pound of raw attitude,
That I push, lift, and roll 'til firm.
Then I slowly stir in opponents,
Turning up the heat until they squirm.

When the heat's just a tad-bit overbearing,
And I see they've reached their brink,
I search my cabinets, throwing in everything,
Including the kitchen sink.

To conclude I stir and beat more rapidly,
Until I know they're positively finished,
Over a low flame I let simmer,
Then serve hot, poured over spinach.

Forward

I must go forward,
Never backwards.
Before I go backwards,
I will drop to my knees,
And fight like a dog to regain my balance,
And stand again.
Preserving all that I have fought so hard,
To gain in the beginning.

Athletes' Prayer

Each and every night,
I'm in bed just after dusk.
Not to my fancy,
Just that I must.

For early the next morning,
Sharp and aware I arise.
Putting on training gear,
I wipe sleep from my eyes.

Faster, higher, stronger!
I must be the best.
My fatigued body aches,
Yet I push without rest.

mate" derived from a variety of television industry sources. SET's reports only list shows that were offered both on cable and satellite, she said.

The figure for UFC 33 in the SET report also does not take into account any refunds for UFC 33, she confirmed. Some refunds were issued to customers because UFC 33 went beyond its scheduled three-hour time slot and was cut off by many cable companies during the last fight, which was also the main event. Thus, that 40,000 figure and the gross revenue of $1,198,000 could be higher — or even lower.

If the 40,000 estimate proves to be anywhere even close to accurate, it will mark another severe blow to UFC. On several occasions, UFC president Dana White said they needed 100,000 buys to break even on UFC 33. Thus far, however, it is UFC's position that these figures for UFC 33 are premature. Josh Hedges of UFC said that neither UFC nor iN Demand have all the figures yet because they "are still being tallied."

For the last several years, UFC has only been available in the U.S. on satellite. The total number of buys was believed to be in the 15,000 to 20,000 range on satellite for recent shows. If this number held up for UFC 33, or was even slightly higher, that meant that the return of UFC to U.S. cable after an absence of almost four years only drew about 20,000 buys or less on cable. Pay-per-view network iN Demand claims a universe of about 28,000,000 homes, although not every cable company that provides their service offered UFC 33.

UFC 33 was also hurt by the postponement of the Bernard Hopkins-Felix Trinidad middleweight title unification fight from Sept. 15 to Sept. 29 because of the Sept. 11 terrorist attacks. That fight was held, as originally planned, in New York's Madison Square Garden, but on the new date. The Hopkins-Trinidad fight received 475,000 buys according to HBO Pay-Per-View, which aired the fight, and about 455,000 buys according to SET.

Mark Taffet, HBO Senior Vice President of Sports Operations and Pay-Per-View, said, while at the Lennox Lewis training camp media day in the Poconos on Oct. 23, he believed that if the Hopkins-Trinidad fight were able to be held on Sept. 15, it would have gotten 600,000 buys. He also said the airing of UFC 33 the day before the Sept. 29 date had no effect on buys for that fight and was "irrelevant." He did not have an estimate of what the number of UFC 33 buys was, but said it was definitely under 100,000.

Some of the numbers in SET's reports have been questioned by Dave Meltzer of the *Wrestling Observer* Newsletter. On Oct. 24 on his web site, he wrote that "I would be exceedingly suspect of" the figures for a WWF show called "Unforgiven," which he implies were too high.

SET describes itself as "the pay-per-view production and distribution arm of Viacom Inc., and is managed by Showtime Networks Inc." Its reports are generally regarded in the television industry as fair and accurate. There also is no independent company like A.C. Nielsen or Arbitron that reports pay-per-view numbers. Those services mostly cater to clients who produce shows with advertising, since the advertisers want an independent audit of the audience size and makeup.

results

The Cobra Classic 2001

Saturday, October 6, 2001
Cahuilla Creek Casino, Anza California

Reggie Ore defeated **Albert Slores**
by strikes 2:49 1st round
Patrick Hoang defeated **Bob Dowell**
by decision
Kevin Christopher defeated **Ben Cantrauz**
by TKO 9 sec 1st round
Brian Watkins defeated **Julian Clay**
by choke 1:53 2nd round
Jim Breech defeated **Jim Gibbons**
by TKO 13 sec 1st round
Nam Pham defeated **Jason Maxwell**
by TKO 2nd round
Bernardo Martinez defeated **Lance Kimball**
by choke 2:06 1st round
Justin Peterson defeated **Steve Wagner**
by arm bar 3:31 1st round
Israel Halperin defeated **Cory Clan**
by strikes 1:26 1st round
Octavio Moroso defeated **Chris Black**
by arm bar 1:16 2nd round
Joey Ortiz defeated **Rob Ziegler**
by choke 1:05 1st round
Greg Bell defeated **Dave Loveless**
by strikes 4:41 1st round
Javier Casio defeated **Adrian Parez**
by choke 1:35 1st round
Steve Hecht defeated **Ricky Cortez**
by overtime decision
John Cole defeated **Mark Hall**
by TKO 2:15 2nd round

letters

Grappling Isn't Perfect After All!

Grappling! Great magazine! Excellent Job! Three errors in your *Grappling* Nov. 2001 issue. I saw this and had to write in. Rodrigo Medeiros article, page 64, Error #1: Ankle-Lock Escape To Side Control. There is no potential for an ankle-lock in picture #1. The left leg is on the outside, but the left leg would need to be hooked from the inside to establish an ankle-lock or a knee-bar. The picture shown is a great holding transition, which one can then do many things from. Error #2: Half-Guard Ankle Lock. There is no ankle-lock here! This is a move that can be applied from the opponent's back as well. Rodrigo's shin puts pressure on his opponent's calf muscle as Rodrigo pulls back on the foot, which creates instant painful pressure. Jason Godsey article, page 71, Error #3: Guard Pass To Heel Hook. Pretty good technique, but I won't get into the missing aspects of this move. Rather, I wanted to say that the heel is hooked, but the submission comes from the pressure on the knee. Usually the opponent's knee will already be damaged by the time they feel the pressure. You need to tap-out, if you are unable to twist out or escape, before it's too late! This is a knee-bar which can also be applied from other positions. -Christopher Lord, Relson Gracie Jiu-Jitsu, Kihei, Maui, Hawaii. *(Good catches, Chris. Relson needs to put another stripe on your belt. Neither Rodrigo or Jason were available to caption the photos so I took my best shot. Guess it's back to white belt for me! -editor)*

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(Sperry Vs. Gracie, November 1998, Brazil)

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- Carlson Gracie Team Captain, Brazil
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- 1996, 1997 & 1998 Undefeated World Heavyweight Champion
- 1995 Titanic Dual Vale Tudo Show, Overall Champion, Brazil
- 1996 Reality Super Fight Champion, USA
- 1997 Ultimate Caged Combat, Overall Champion, Australia
- 1998 Abu Dhabi World Submission Fighting Champion
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- 2000 Abu Dhabi World Submission Fighting Champion

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INSTRUCTIONAL VIDEO SERIES

TAPE 1 Vale Tudo Takedowns

This first video will change your understanding of how Brazilian Jiu-Jitsu should be used in a real fight. Here the Zen Machine will show you how to take control of the strongest street fighters and use the principals of ground fighting, standing up! This fighting style is so effective that any opponent, regardless of style, even students of conventional Brazilian Jiu-Jitsu will be unable to defend themselves. This video shows how to quickly immobilize strikers, wrestlers and grapplers and use punishing striking techniques of Jiu-Jitsu that are devastatingly effective! You will then learn how to take anyone down with techniques that work with even the biggest opponent. VALE-TUDO is the only video series to reveal these highly guarded techniques and is a must for anyone looking to enter the Octagon or win a street fight.

TAPE 2 Defeating the Guard

Once on the ground, most people will not know how to defend themselves and will be easily defeated by a Jiu-Jitsu fighter. However, a grappler or wise street fighter will attempt to fight with his legs to defend himself. Mario Sperry will teach you how to defeat even the best fighters legs (guard) using techniques that are unstoppable and unknown. You will see why 99% of the guard techniques learned today are not the most effective you can use in a street fight. You will learn how to quickly open the closed guard of any fighter, and pass his legs with never before seen techniques! Learn to defeat the half guard and much more! Also includes, Mario Sperry in Action!

TAPE 3 The Crossbody & Knee-On-Stomach

Prepare to learn a whole new method of Jiu-Jitsu that you never thought existed! We guarantee that that the techniques taught in VALE-TUDO are far more powerful then anything you have ever witnessed. The Zen machine will show you how the Crossbody should be used for the street and why sport style crossbody techniques are dangerous. You will learn to easily finish the fight from this position with devastating strikes and submissions that will amaze you! You will also learn how to properly use the most powerful and highly misunderstood position in Jiu-Jitsu, the knee on stomach! Here Mario will teach you a whole new style of Jiu-Jitsu that will give you a new arsenal of weapons never thought possible! Don't confused VALE-TUDO with other tapes showing sport style moves without the uniform. This tape contains a fighting style never seen before that will enable you to easily defeat all other styles of grappling and handle any opponent in a real fight!

TAPE 4 The VALE-TUDO Mount

Forget everything you know about the mounted position! The Zen Machine w teach you a whole new incredible method as you learn why the mount position taught in sport style Jiu-Jitsu schools will not work as planned in the street! Are you having trouble staying mounted on big opponents? You wont any longer as Mario shows how to put a quick stop to all escape attempts that will render you opponent frustrated and desperate. You will learn how the mounted position wa really intended to be used as Mario teaches you special techniques to wear you opponent down making submission holds easy to apply. Mario Sperry's striking techniques from the mount are so incredible that it is worth the price of the enti set of videos alone! Also included, Mario Sperry in action!

TAPE 5 Fighting From The Back

In this ground breaking video, the Zen machine will teach you everything you need to know about getting an opponents back and quickly finishing the fight! You will learn how to get the back from numerous positions and use devastating strikes to set your opponent up for chokes, armbars and leg locks. All back positions are covered including north &south and the turtle position. Also included, Mario Sperry in action!

COMPLETE SIX VOLUME SET ONLY $250.00 Plus Shipping & Handling

TAPE 6 The VALE-TUDO Guard

Think you know how to fight from the guard? Think again! This tape will totally change your understanding of the guard and how it should be used in a street fight! The Zen machine will show you how most guard techniques learned in sport Jiu-Jitsu will not work in a street fight and are extremely dangerous. Then Mario will teach you the proper way to control, strike and defend with your legs in a real fight. This video is a real eye opener and will surely shock many sport practitioners as Mario teaches how to demolish those attempting to use conventional methods of opening your guard and passing your legs! You will also learn when and how submissions from the guard should be used. This tape is definitely the most important work on

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FIGHTING INSTRUCTIONAL VIDEOS

VALE TUDO SERIES 2
INSTRUCTIONAL VIDEO SERIES

Mario Sperry & Murilo Bustamante

Mario "Zen Machine" Sperry needs no introduction. His first Vale Tudo series have become mandatory tapes for anyone looking to win a street fight or conquer the Octagon. In order to deliver even a higher level of Vale-Tudo techniques, Mario brings in legendary teammate Murilo Bustamante to make Vale-Tudo 2! Together, they break new ground with more incredible techniques and strategies! This new series is 100% no holds barred and contains no overlap with his first six tape set. A must have video series...order today!

TAPE 7 Advanced Takedowns

Here, Mario and Murilo break the standing fight game down even further. Special punching techniques developed my these two masters allow them to enter into a takedown without getting hit. Mario breaks these techniques down showing what and what not to do if you face a strong striker. Next, you will learn special techniques for taking down strong wrestlers or experienced fighters that refuse to hit the ground. Mario also covers more ways to smash opponents that want to hang onto a octagon type fence. Great material! Next, Mario teaches how to get your opponent's back while standing and teaches multiple advanced methods of punishing and bringing them down!

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TAPE 8 Attacks From The Closed Guard

This super hot tape brings fighting from the guard to a whole new level. Learn to attack safely, and apply advanced armbars and chokes without getting hit, that will catch your opponents off guard. Learn special turnovers that work against striking opponents that lead to devastating spine and neck submissions. This tape is loaded with new material! If you liked his first guard tape,

SAVE $100.00
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TAPE 9 Attacks From The Open & Half Guard

This tapes is serious Vale-tudo. Mario starts with some brand new Vale-Tudo sweeps and then starts to really bang away with really slick new submissions. As Mario teaches in his first series, submissions against striking opponents are difficult unless you know the proper timing. Here, Mario and Murilo teach the skills to catch arm bars and chokes against those really tough opponents that are trying to smash you! Mario then takes you to the half guard and teaches some really hot turnovers and submissions not covered in his first set of tapes. Mario also covers more techniques for opponents that sit in the turtle position like wrestlers, and teaches new ways to turn them over and get back into the game! Finally, learn how to defend and reverse a bad situation like someone getting your back. All new hot material here!

★★★★★
HIGHEST FIVE STAR RATING!

Bill Lewis Video Review Website
http://members.aol.com/bjj33/billmain.htm

TAPE 10 Attacks From The Top

Retiring from the fight game in 1999, Mario reveals one of his fighting trade secrets, his four positions of control theory! This method he personally refined and uses in all his no-holds barred fights, allows him to totally control any opponent and move from position to position based on what escape his opponent attempts. These techniques, will allow you to bring your Jiu-Jitsu game to a whole new level that you never thought possible and can be used with or without the kimono! Mario then shows some hot new ways to mount your opponent during a no-holds barred fight. You will then learn new devastating neck cranks, chokes and some really hot new escapes from the knee on stomach!

TAPES 11 & 12 Vale Tudo Leglocks!

This two tape set is the definitive word on leg locks! Here Mario and Murilo break down the attack on the legs into never before seen details and variations. These two videos contain only no-holds barred and street fighting leglocks! No fluff stuff here! Leglocks are detailed from every possible position you can think of, top, bottom, standing and every position in between! Learn new leglocks just developed in Brazil like sweeps into leglocks and more! Mario will show you how to break and twist the legs with every possible combination from the foot, ankle, calf, knee and hip! Mario also teaches why some leg attacks may not work on certain opponents and how to tailor each attack based on your opponents weaknesses. Definitely the greatest work on Vale Tudo leglocks ever on video. You wont want to miss these two tapes!

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Shooto Transit

By Erik Paulson
Grappling Magazine Technical Advisor

Fighters often train muay Thai and Brazilian jiu-jitsu for mixed-martial-arts competition. While muay Thai is a devastating standing art and Brazilian jiu-jitsu is an extremely effective ground-fighting system, there is a gray area of transition that neither really addresses effectively. This gray zone is where the stand-up fighting ends and the ground game begins. Gray-zone transitions are where cuts, black eyes, broken noses and cracked cheekbones occur. One of the best ways to control the gray zone and turn it to your advantage is through using transitional takedown leg-locks.

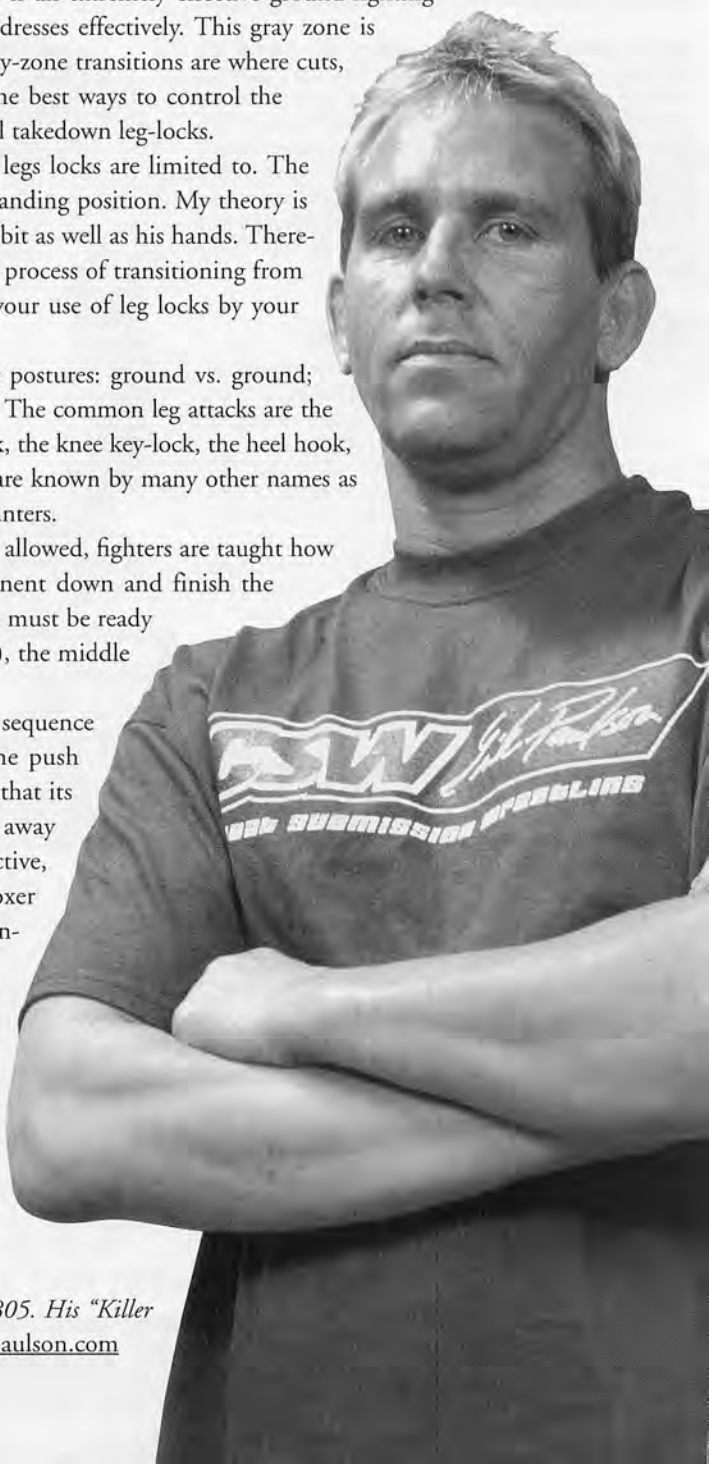
Contrary to popular belief, there is no one single position that legs locks are limited to. The legs can be successfully attacked from virtually every ground and standing position. My theory is that any grappler, to be complete, must be able to use his legs every bit as well as his hands. Therefore, the legs are consistently coming into play when you are in the process of transitioning from a standing position to ground grappling. You are only limited in your use of leg locks by your imagination.

The legs can be attacked from the following opposing fighting postures: ground vs. ground; ground vs. standing; standing vs. ground; and standing vs. standing. The common leg attacks are the knee bar, Achilles or foot lock, the figure-four foot-lock, the shin lock, the knee key-lock, the heel hook, and the hip lock. These all fall into the category of "leg locks" and are known by many other names as well. Don't fuss over terminology - just learn them and learn their counters.

In Shooto, because standing, punching, kicking and kneeing are allowed, fighters are taught how to catch a kick from many different positions and take the opponent down and finish the fight with a leg lock. There are basically three attack zones that you must be ready to counter with a transitional leg lock: the upper attack zone (head), the middle attack zone (the body), and the lower attack zone (the legs).

Typical kicks that must be caught in order to initiate a leg-lock sequence include the shin kick, the roundhouse kick, the straight kick, the push front-kick, and the side kick. The thing that I like about Shooto is that its anti-grappling techniques are geared towards keeping a grappler away and preventing him from taking you down. From the other perspective, Shooto grappling techniques are geared towards taking a kickboxer down and controlling him on the ground. So the two methods synthesize to form a very complete fighting art.

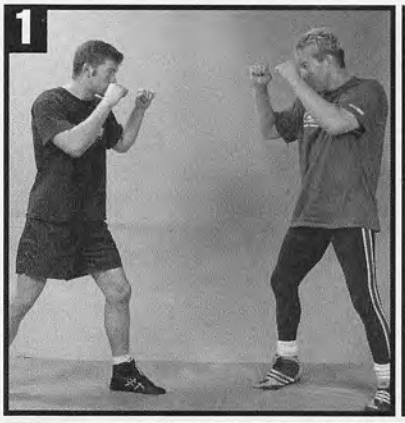
I refer to the quick catches of punches and kicks, and the subsequent takedowns to leg-lock finishes, as "quick kills." The following "quick kills" are seek-and-destroy attack counters that are effective in the ring, on the mat, or on the street. These catch-and-finish transitions are ways to bridge the gap between striking and grappling and control the gray zone. The key is to synthesize elements of stand-up and grappling in order to create smooth transitions.

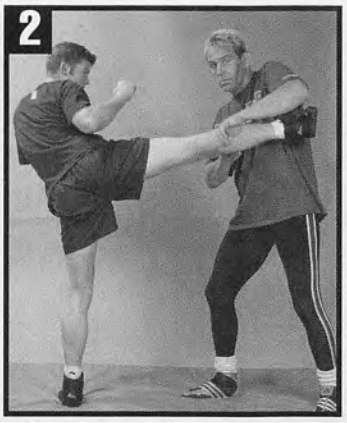


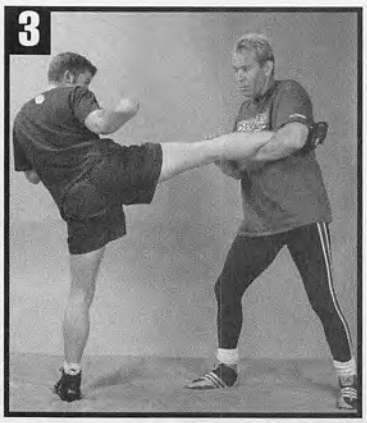
Erik Paulson is available for classes or seminars by calling 310-785-5805. His "Killer Leg Lock" video series and "Quick Kills" tape is available at www.erikpaulson.com

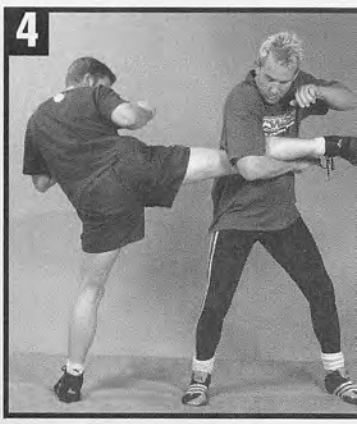
One of the best ways to apply a leg lock is while countering a standing kick, punch, knee, or takedown.

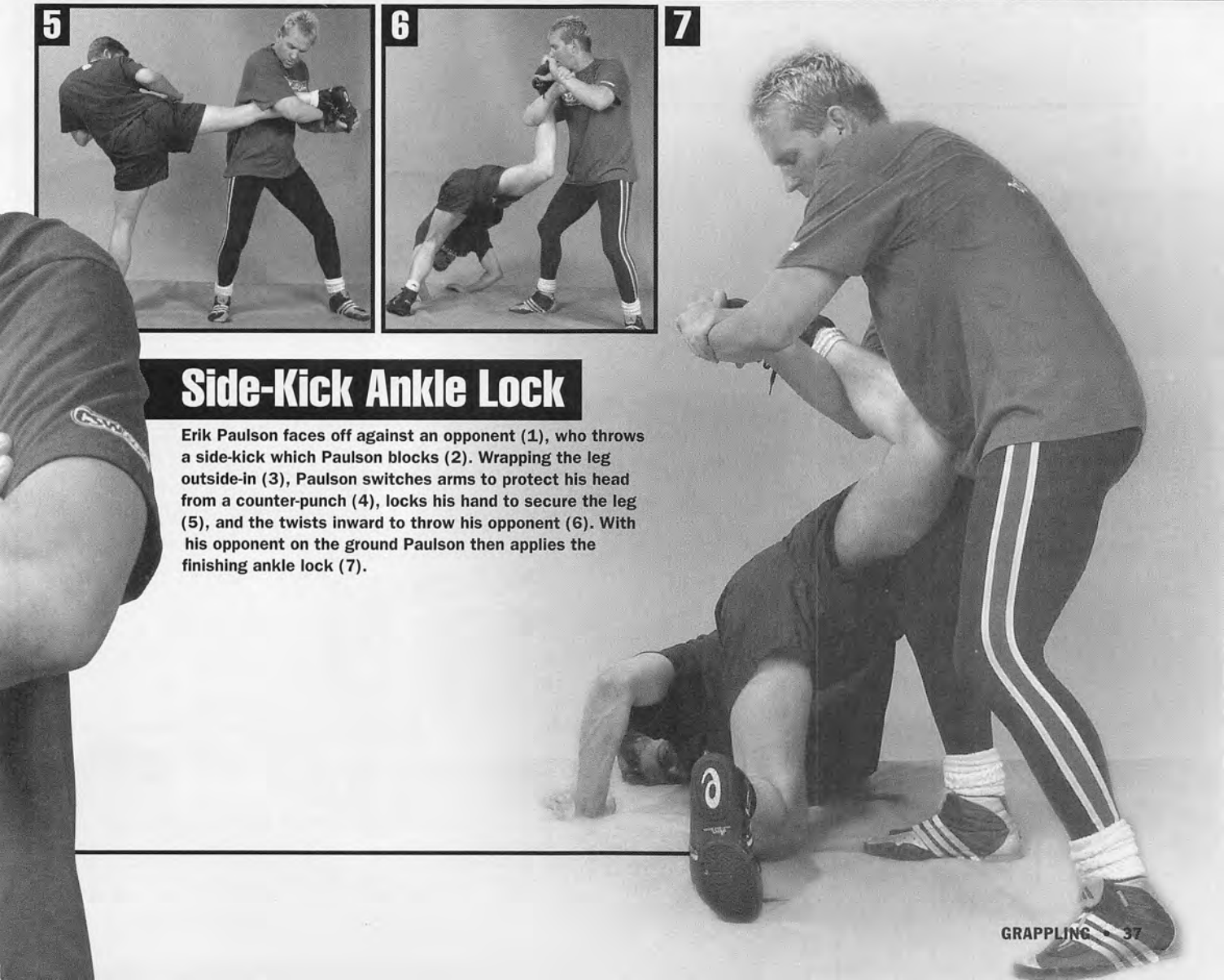
onal Leg Locks





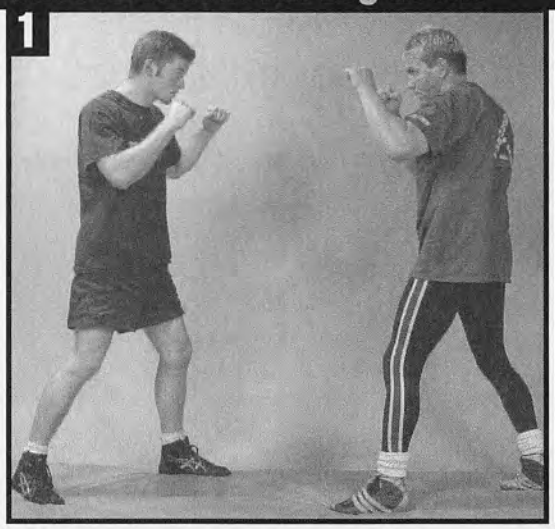


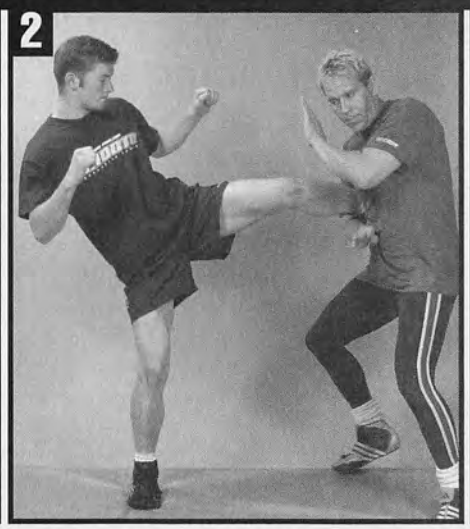


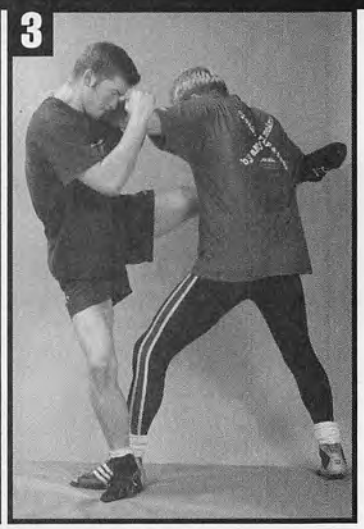


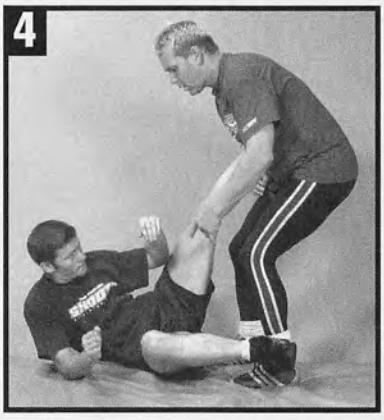
Side-Kick Ankle Lock

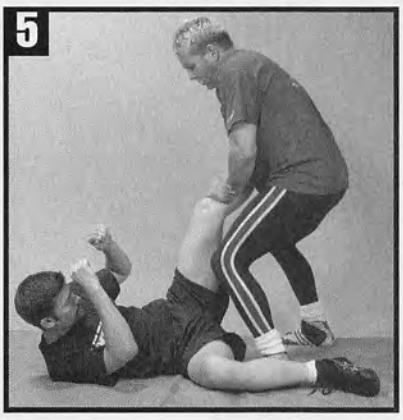
Erik Paulson faces off against an opponent (1), who throws a side-kick which Paulson blocks (2). Wrapping the leg outside-in (3), Paulson switches arms to protect his head from a counter-punch (4), locks his hand to secure the leg (5), and the twists inward to throw his opponent (6). With his opponent on the ground Paulson then applies the finishing ankle lock (7).

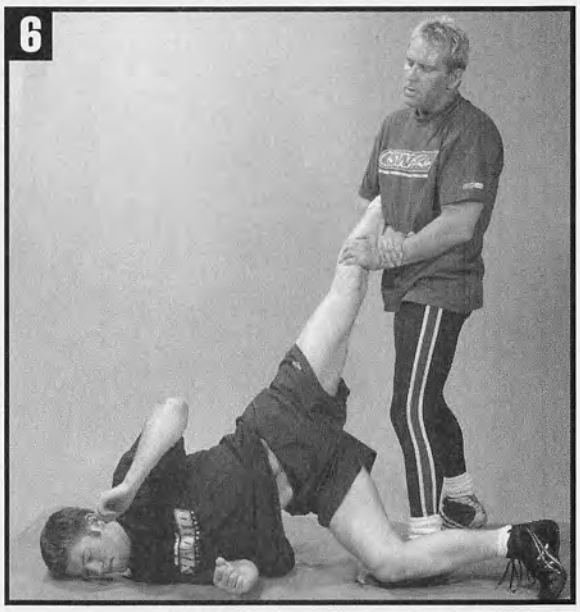


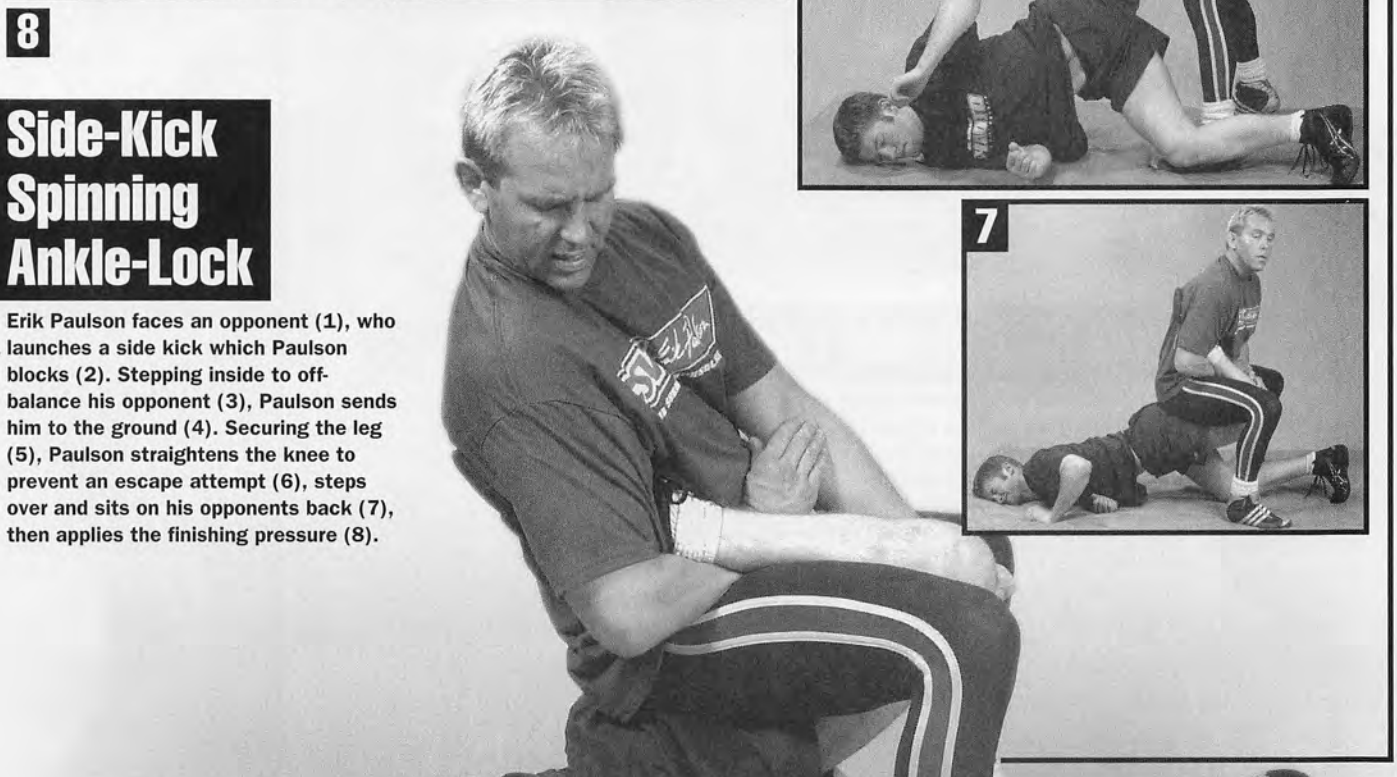






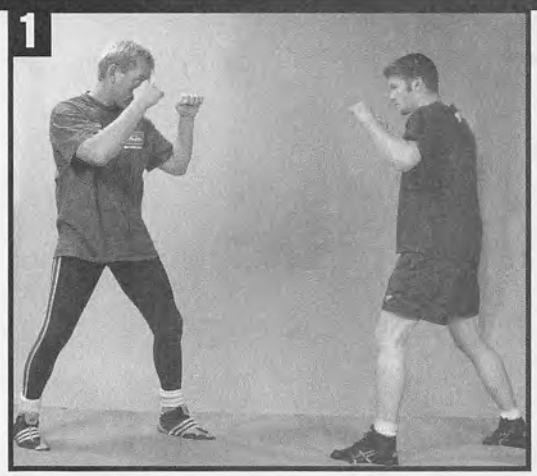


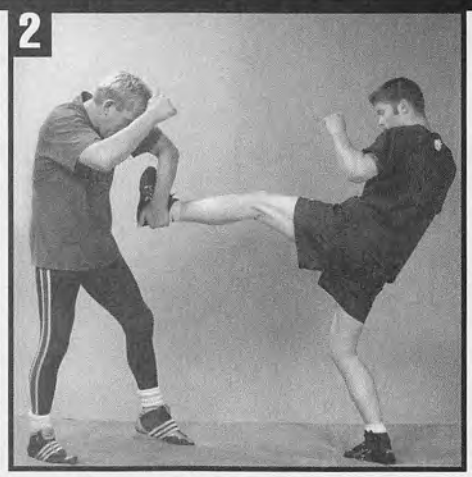


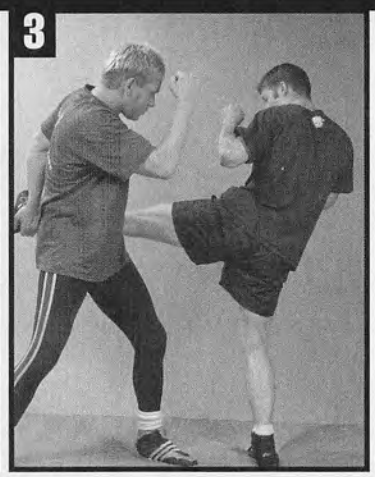


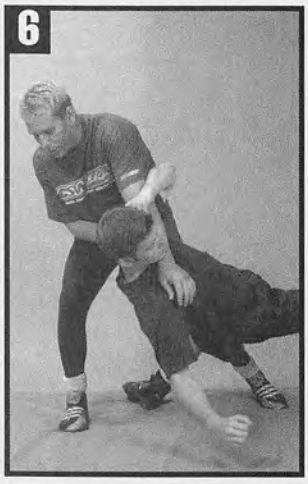
Side-Kick Spinning Ankle-Lock

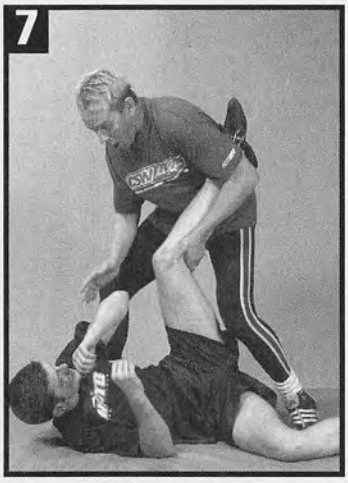
Erik Paulson faces an opponent (1), who launches a side kick which Paulson blocks (2). Stepping inside to off-balance his opponent (3), Paulson sends him to the ground (4). Securing the leg (5), Paulson straightens the knee to prevent an escape attempt (6), steps over and sits on his opponents back (7), then applies the finishing pressure (8).

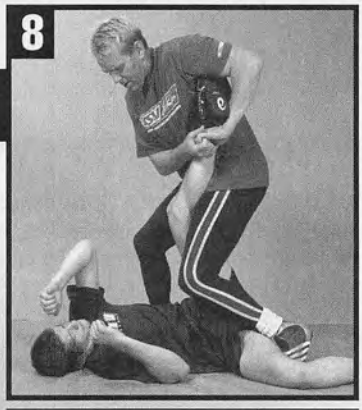






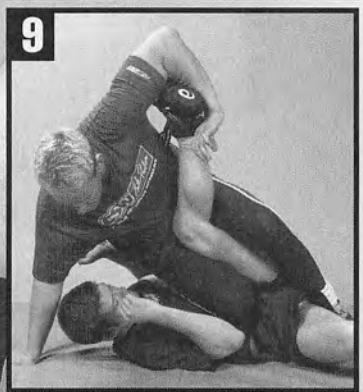


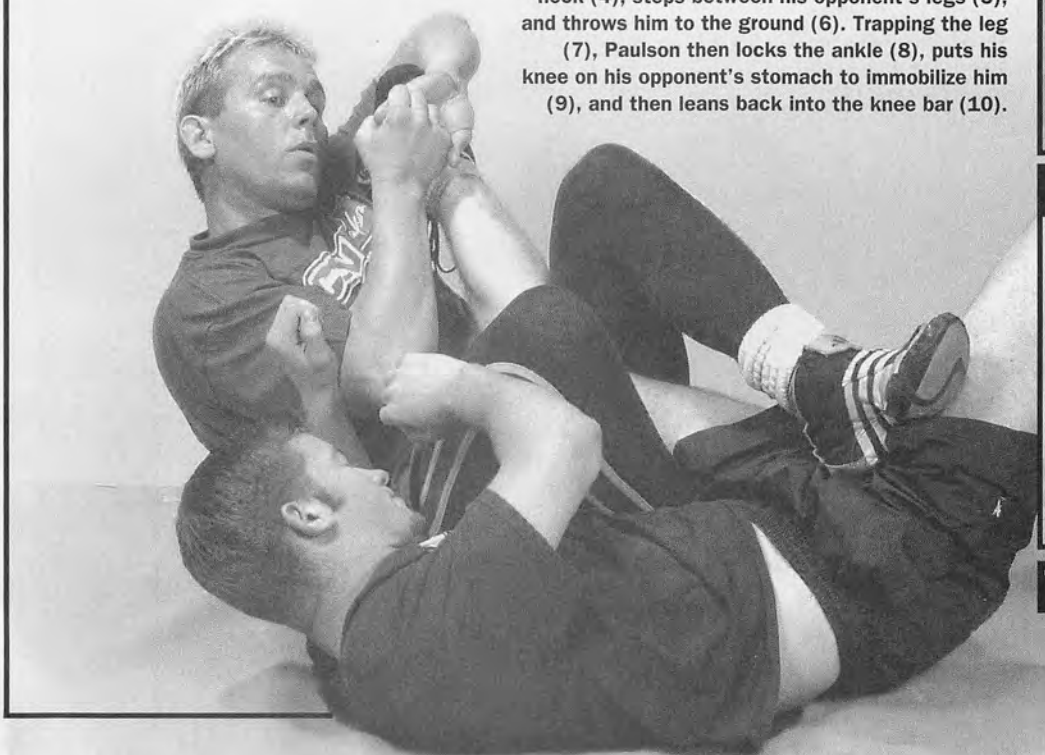


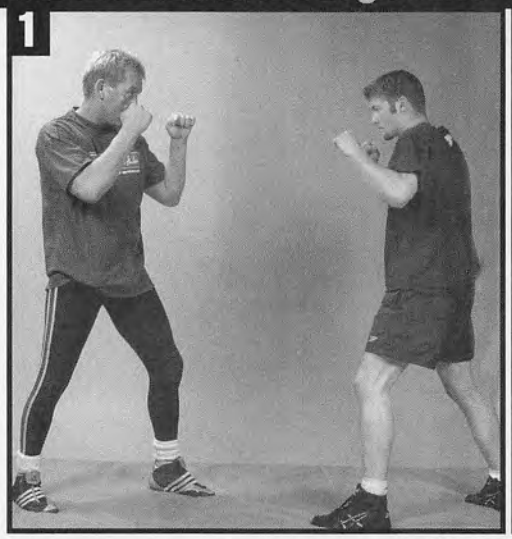


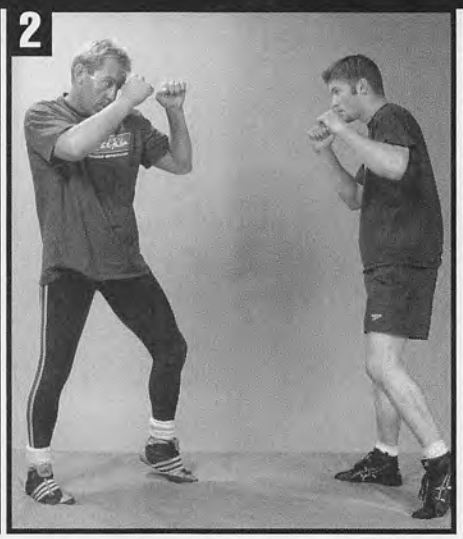
Front-Kick Knee Bar

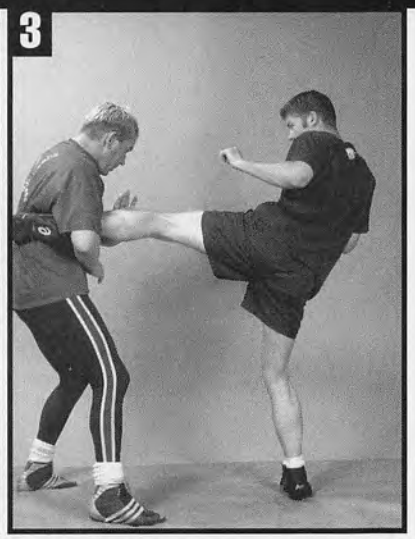
Erik Paulson faces an opponent (1), who snaps out a front kick which Paulson blocks (2). Stepping inside to close the distance (3), Paulson hooks the neck (4), steps between his opponent's legs (5), and throws him to the ground (6). Trapping the leg (7), Paulson then locks the ankle (8), puts his knee on his opponent's stomach to immobilize him (9), and then leans back into the knee bar (10).

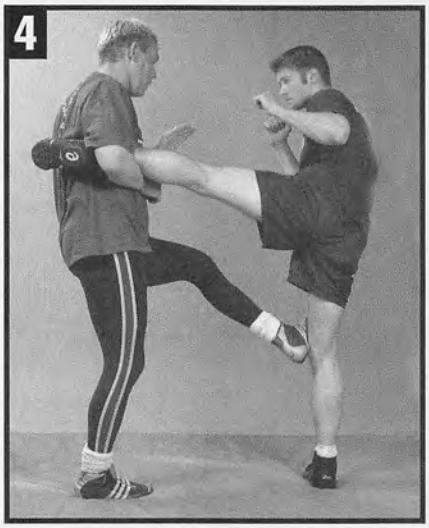


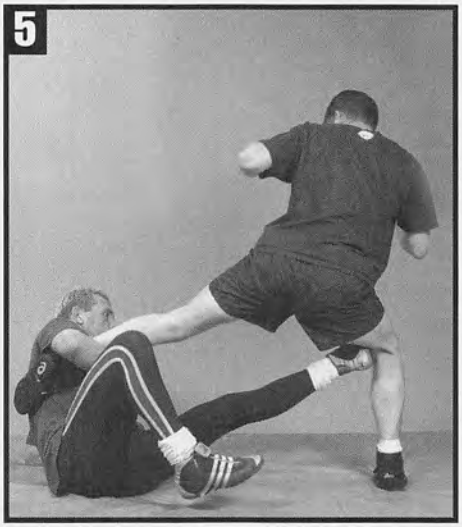


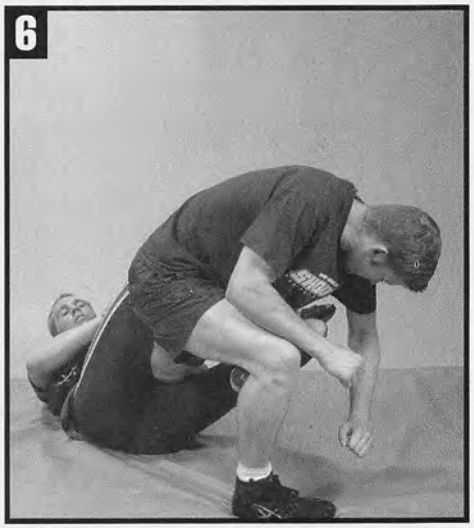






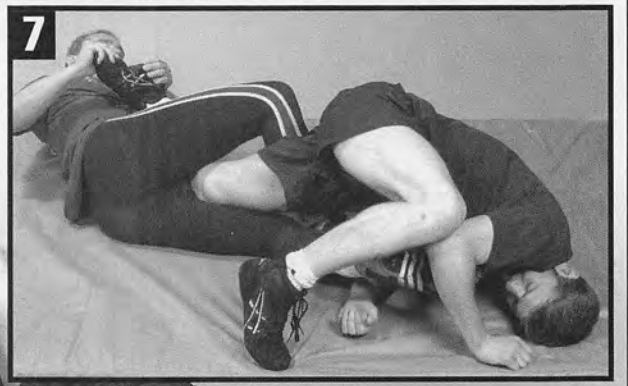


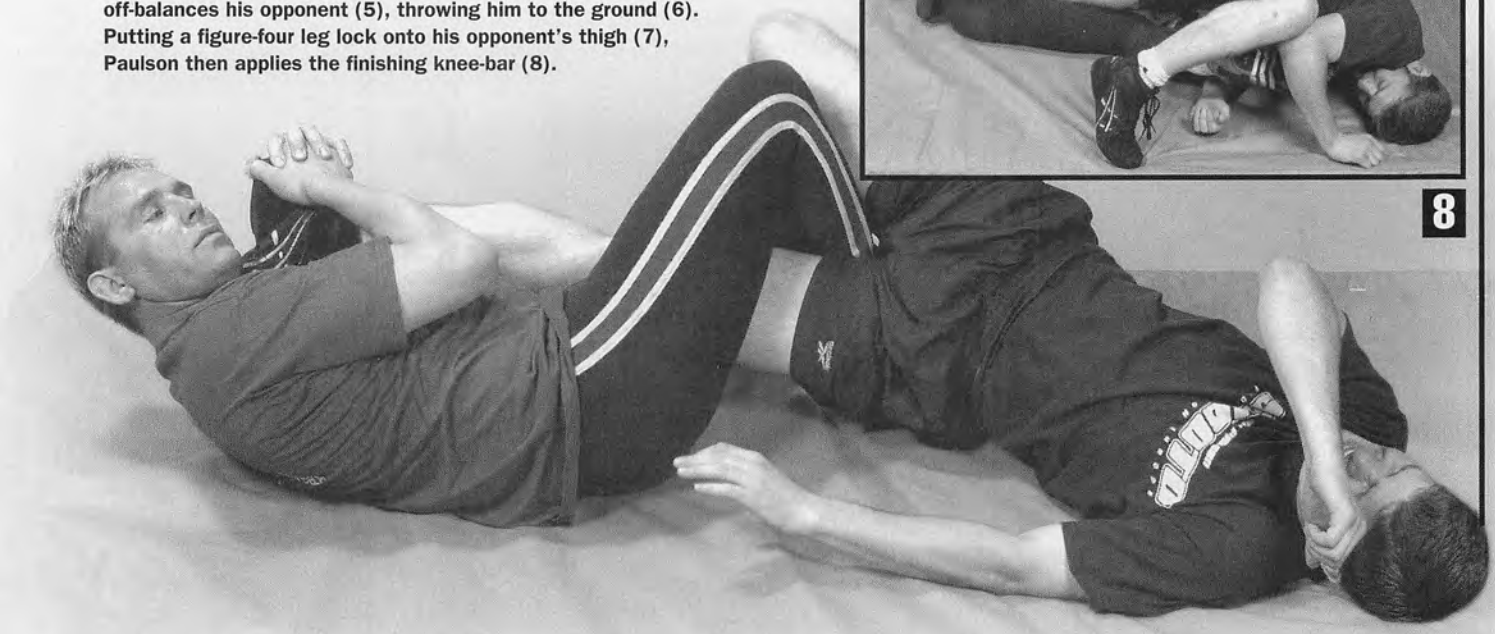


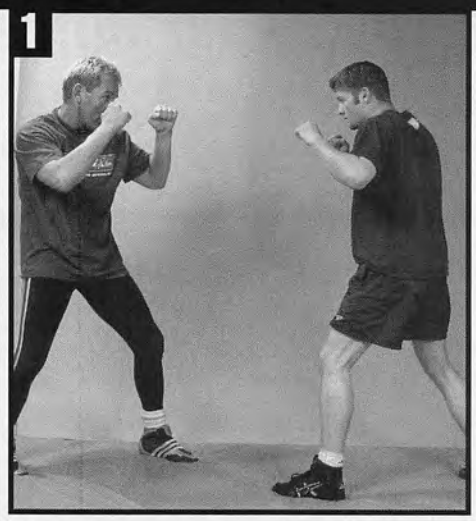


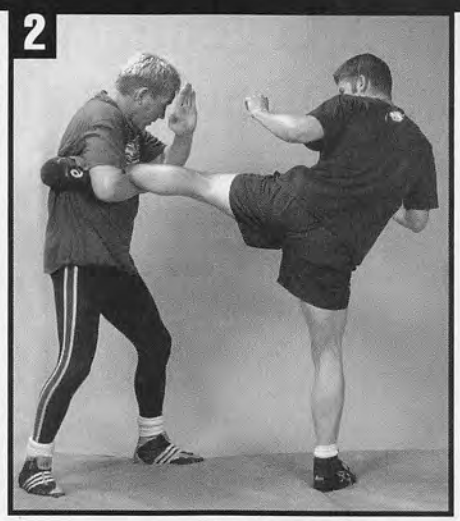
Side-Kick Knee Bar

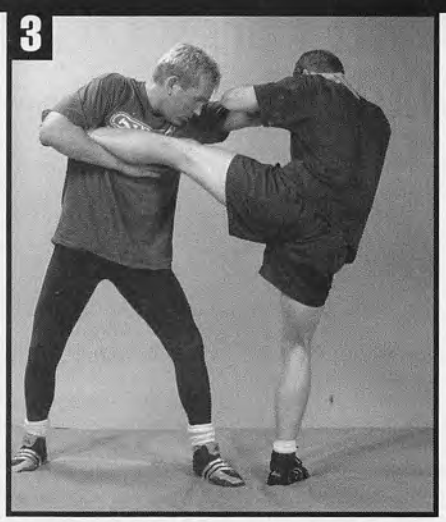
Erik Paulson faces an opponent (1), who feints a punch (2), then launches a side-kick which Paulson blocks (3). Paulson then attacks the knee with his foot (4), then falls down and off-balances his opponent (5), throwing him to the ground (6). Putting a figure-four leg lock onto his opponent's thigh (7), Paulson then applies the finishing knee-bar (8).

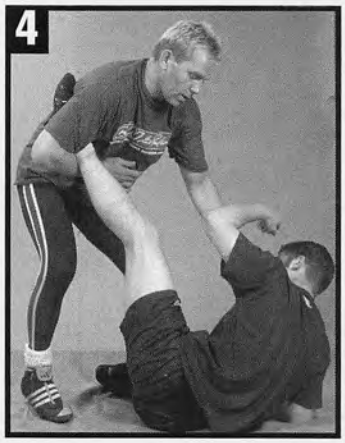


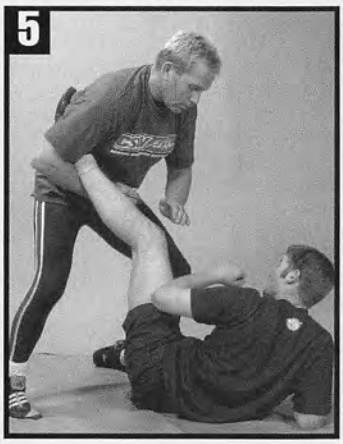


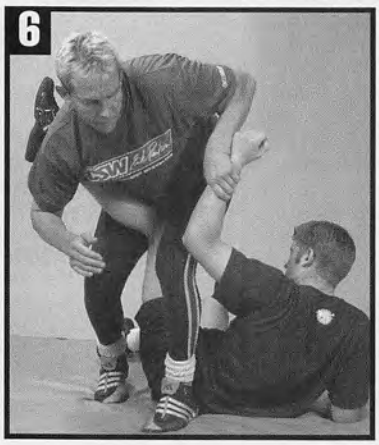


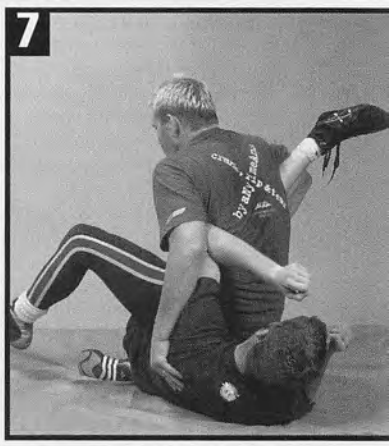






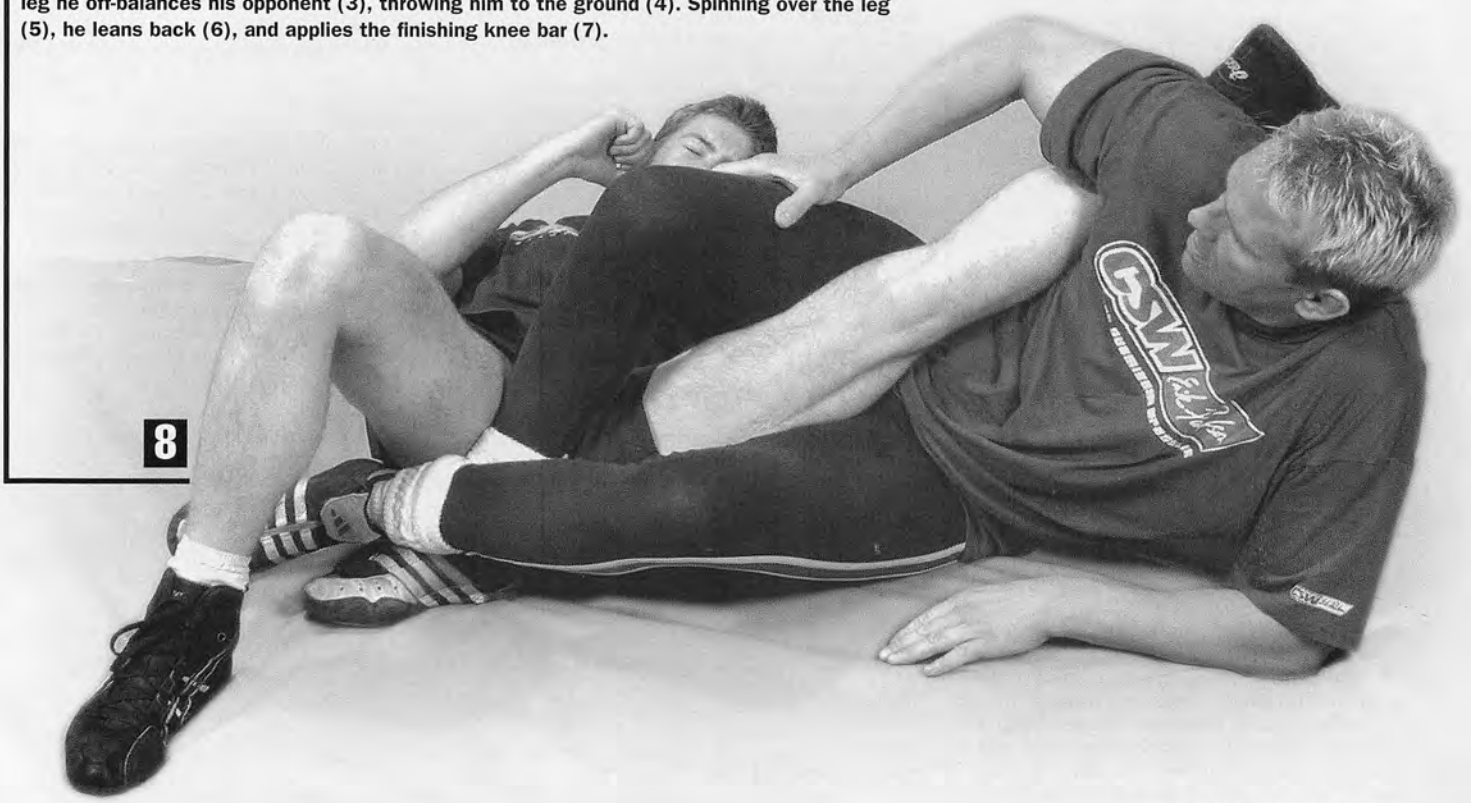






Side-Kick Spinning Knee-Bar

Erik Paulson faces an opponent (1), and then block an attempted side kick (2). Wrapping the leg he off-balances his opponent (3), throwing him to the ground (4). Spinning over the leg (5), he leans back (6), and applies the finishing knee bar (7).



"Matt Furey Discovers Legendary 1914 Farmer Burns Mailorder Course... Makes It Available Once Again"

In 1914, Farmer Burns, a world champion wrestler and the teacher of Frank Gotch, put out a mail order wrestling course entitled, ***Lessons in Wrestling and Physical Culture***. This 96-page course, divided into twelve different lessons, is a literal gold mine of information on catch wrestling; including throws, pinning and submission holds. **Lesson XII** is even entitled, ***Jiu-Jitsu — Self-Defense and Their Relation to Wrestling***.

Many people have heard of the course but few people have it. And those who do have it wouldn't dare lend it to anyone, including friends.

Farmer Burns, the man with a 20-inch neck at a bodyweight of 175 pounds; the man who could do a six-foot hangman's drop and remain unharmed, is legendary for his wrestling prowess and for his teaching method. While in his 70's he was still a major force to be reckoned with. His instructions on the proper application of the half-nelson, three-quarter nelson, quarter-nelson, full nelson and hammer lock are well worth the price of the entire course. Most modern day wrestlers are not taught the proper way to do these holds, if they are even taught them at all.

High school and college wrestlers I have trained have been dumbfounded at how well these holds work (when properly applied), and wonder how they could have ever become a lost art. **Those who are students of judo, jiu-jitsu and sambo, love these holds, too... and they really get pumped when they see how incredibly effective the toe holds, neck cranks and wrist locks are.**

Believe me, even if you already think you know how to do these holds, get this course because you are most likely missing several crucial details. **And you better warn your training partner before practice.** His neck, shoulders, arms and ankles may be really sore. We're talking MAJOR cranking power.

How Much did Farmer Burns and the Other Oldtimers Know?

In the modern era of grappling we tend to believe that we know more than the men of long ago. But the truth is that armbars, chokes, chicken wings, wrist locks, toe holds and so on, have been around for ages.

You only need to read a couple pages of Farmer Burns 1914 mail order course, ***Lessons in Wrestling and Physical Culture*** to realize that we know far less than the old-timers. Not only that, if you are a person who can see the connection between **Asian martial arts** and the combat arts of the west, you'll find plenty of beef in Farmer Burns course.

Many people in martial arts today scoff at the practice of chi kung. Farmer burns didn't. He didn't call his deep breathing exercises "chi kung" - but if he would have translated the course into Chinese, he would be teaching just that. Here is a direct quote: ***"Breathing exercises alone, if done RIGHT, will make many a weak man strong and many a sick man well."***

The Farmer also talks about other benefits of deep breathing, namely, development of internal organs and strengthening of the abdominal muscles. Look at the quote below and tell me if it doesn't resemble the teachings of Iron Shirt Chi Kung (the ability to take a strike to almost any part of the body and not feel pain).

"My own abdominal muscles are soft enough when relaxed, but when I "set" them the muscles are as hard and rigid as the muscles of my arms or legs. In fact you might strike me with all your force on the stomach with your clinched fist and not cause the least pain. Many have done this and suffered more pain from the blow than I, for my "stomach" muscles have been trained and developed just as carefully as all other parts of my body.

"I want every one of my students to "make good," and to develop an all-around physique, so be sure to take daily exercises for the development of the abdominal muscles. There is nothing better for this than my methods of DEEP BREATHING and HOLDING THE BREATH..."

Did you see that? Nothing better for abdominal development than deep breathing and holding the breath. Sounds like Farmer Burns was connected to the same river of knowledge that martial arts masters in Asia were connected to.

Famous Old-Timers Who Praised Farmer Burns:

"I take off my hat to the grand Farmer Burns. No one ever saw another such wrestler, for there ARE NONE. On themat he is quicker than lightning, stronger than a bull, and slyer than a fox. I'll bet all my ponies he can whip any prize fighter on earth. I'm glad to call him my friend for he is a true sportsman and a gentleman - as square as they make them."
"Buffalo Bill"
(Col. Cody, Scout, Indian Fighter, Showman)

"I became a worlds champion BECAUSE my staunch friend and teacher "the old Farmer" MADE ME CHAMPION. I was an ordinary farm boy, strong and healthy. From this Farmer Burns developed me so that I defeated all the great wrestlers of the world."
Frank A. Gotch
World Champion Wrestler

"Farmer Burns assisted in training me. He is the man I listened to for HE KNOWS HOW TO TRAIN. He ought to. It's his specialty. He has devoted his life to it. He made Gotch and many other Champions."
Jim Jeffries
World Heavyweight Boxing Champion

"Farmer Burns was the best there was and is still way ahead of what we see today. He could beat you wrestling or in an all-out street fight. It made no difference. At Jim Jeffries camp, he got into an argument with Billy Papke, one of the top professional boxers of the day. They decided to settle it with a no-holds-barred fight. Within moments Burns had Papke on the ground begging for mercy. Burns was 50 at the time."
Karl Gotch
1948 Olympian, "God of Pro Wrestling" in Japan

I can't recommend Farmer Burns course strongly enough. In 1914, when this course came out, it sold for $35. **In the year 2000, that same $35 would be $588.15.** That's a lot of money, don't you think? But the truth is it would be worth every penny. However, you don't have to pay $588.15 to get a copy of this incredible course. For a limited time you can get your very own copy of it for only $50 plus $6 S&H U.S. ($10 foreign).

So don't delay. Order while supplies last. Remember: This is a limited offer that may expire at any time. Get your copy of Farmer Burns' famous mail-order course today.

Again, it is 96-pages divided into 12 lessons. It contains instructions on diet, deep breathing, stretching, isometrics, weight training, calisthenics, self-defense, as well as a killer arsenal of wrestling holds (including submissions such as the dreaded toe hold and head chancery). Well illustrated, easy to follow... and now with a glossy cover to help you preserve. And it's only $50 right now, while supplies last.

Special Bonus: If you are one of the first 10 people to call and place your order, I'll send you a special copy of Farmer Burns 32-page book entitled ***Physical Culture Wrestling*** absolutely FREE. This book was so hard to find that it took me nearly ten years to track it down. Again, yours absolutely FREE if you're one of the first 10 people to order.

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And remember, the first 10 to order get a copy of ***Physical Culture Wrestling*** absolutely **FREE**. Visa, MC, Amex accepted. Or, go get a pen and fill in the coupon below and send it with your check or money order to Matt Furey Enterprises, Inc., 10339 Birdwatch Drive, Tampa, Florida, 33647.

We will ship the Farmer Burns course to you within 24 hours of receiving your order.

Important: For more information on Farmer Burns super killer video training course, be sure to visit **www.farmerburns.com.**

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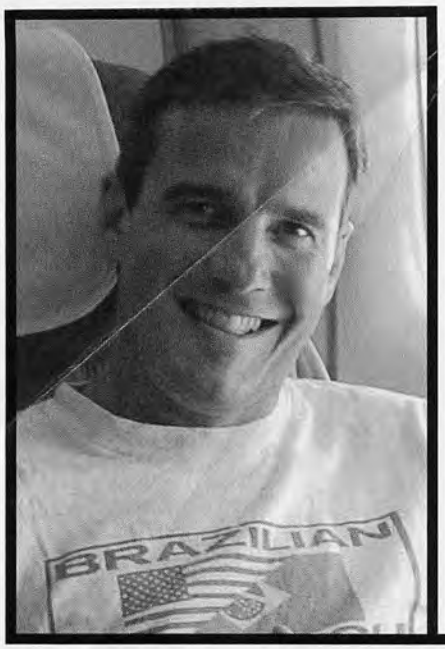


Pedro Sauer

A Man On A Mission

By Kid Peligro

A true martial artist who stresses self-control and personal advancement, Pedro Sauer is on a mission to restore honor to Brazilian jiu-jitsu and elevate the art to a higher level.

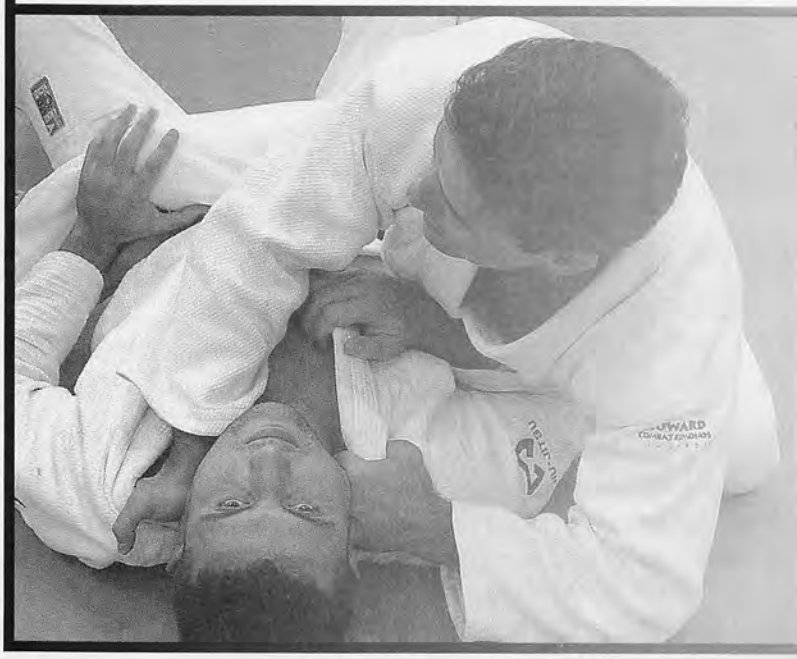
Brazilian jiu-jitsu black belt Pedro Sauer has been around the mat a few times. The 43-year-old native of Rio de Janeiro started training at the tender age of 12, at the Gracie Academy in Rio de Janeiro, by invitation of his friend Rickson Gracie. At the time, Sauer had been already training boxing for several years. "I remember going to the academy with Rickson. Professor Helio was there and said, 'You're the boxer, huh? Put on some gloves and let's check you out.' So I went to the mat and they had Royler on the other side warming up. Royler must have been 7 or something and he proceeded to take me down and choke me time after time until I begged for mercy."

Helio and Rickson

From that day on, a fire started to burn inside the young Sauer and he signed up for lessons and proceeded to study under Professor Helio and Rickson both. "I must be the person that got the greatest number of private lessons from those two over the years. My parents would pay for an entire year of classes until I started to work, and then I paid for them myself. It was the early days and the school was fantastic; they would give you a gi and it would be yours for the entire time you trained there. They would clean it and have it ready for you the next time you came to train. All the gi's were clean in hangers, ready to be used."

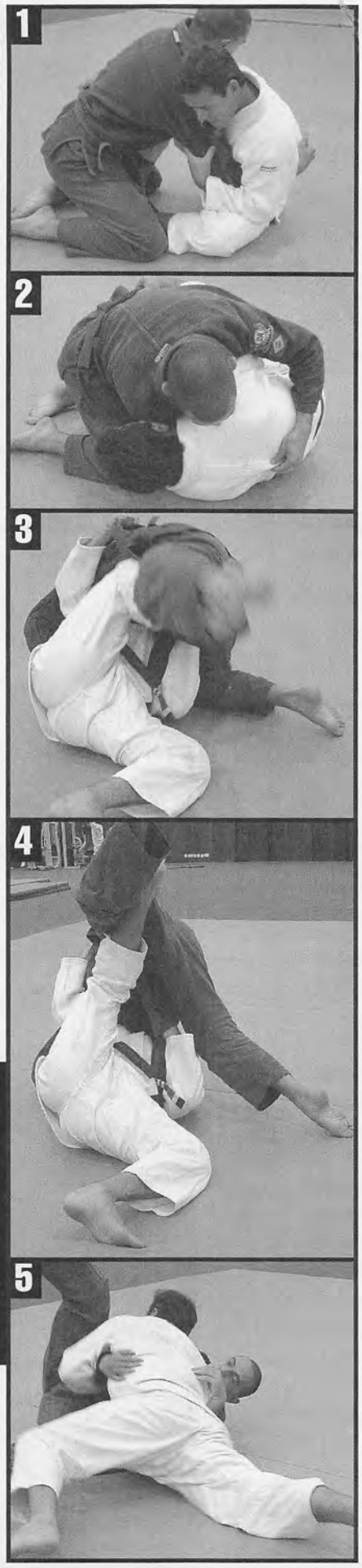
Sweet and Sauer

At the time, Sauer was working at the Rio de Janeiro



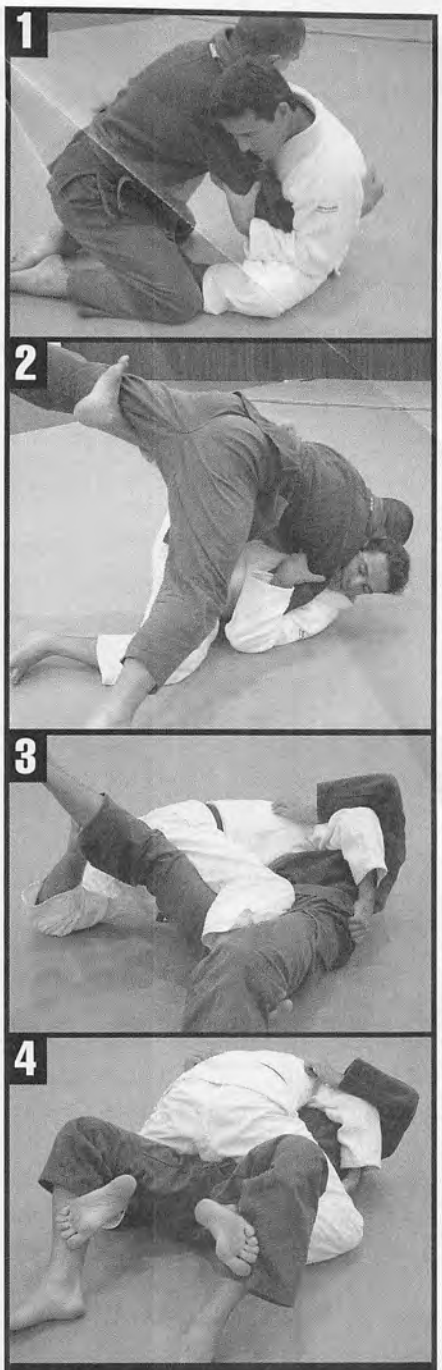
Open-Guard Reversal

Pedro Sauer traps his opponent's arm while putting his feet inside the thighs (1). Rolling in the direction of the trapped arm, Sauer lifts his opposite foot to elevate his opponent (2). He then completes the roll and ends up in the top mount position (3).



Inside-Hook Throw to Side Control

Pedro Sauer controls an aggressive opponent by trapping the arm and putting his legs inside his thighs (1). Rolling in the direction of the trapped arm (2), he keeps his foot inside his opponent's thigh (3), elevates his opponent by lifting his foot (4), and rolls on top into side control (5).

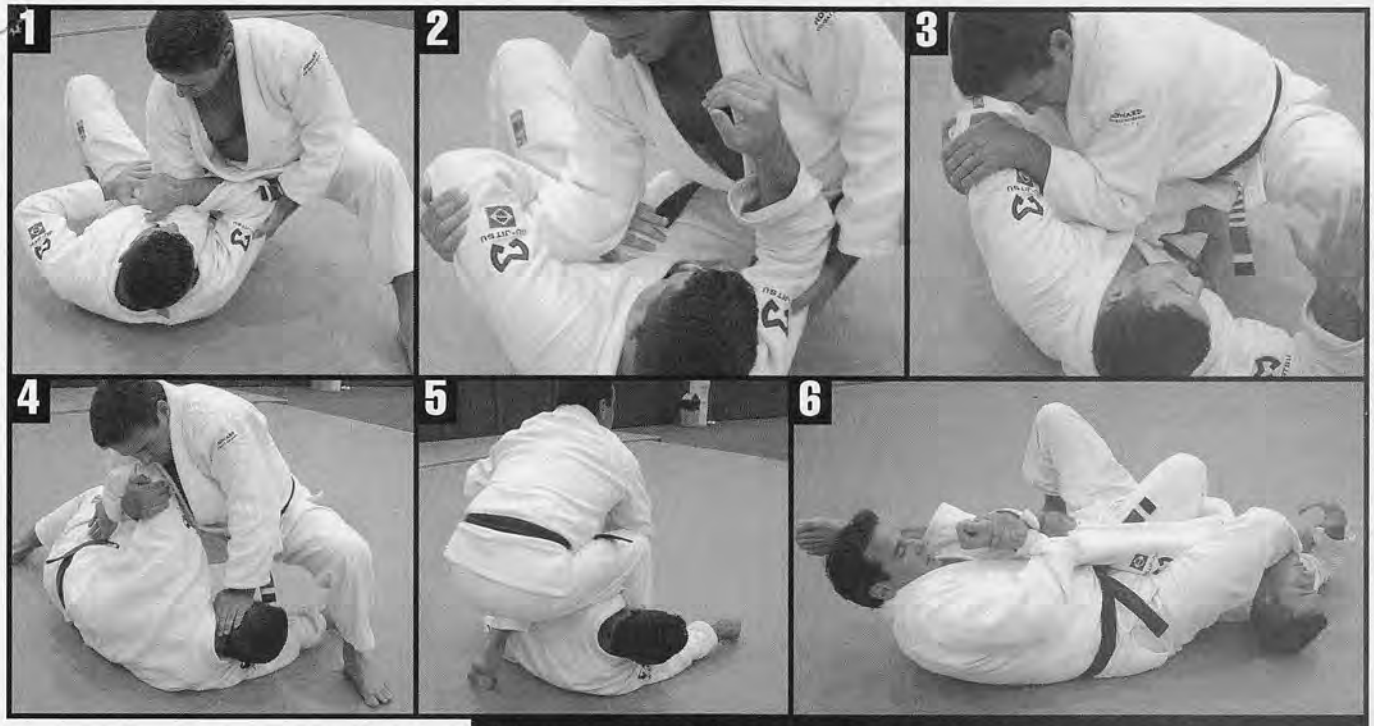


Inside Hook Throw to Top Mount

Pedro Sauer faces an opponent using the open guard (1). Trapping his opponent's arm, his lifts his leg and rolls to the side, throwing his opponent to his back (2). Rolling on top (3), he under-hooks his opponent's leg with his feet, and establishes top control (4).

Stock Market; times were good then and money was no problem. "I was making a lot of money at the time, but I felt the need to give something back, not just take!" Pedro states. "So when Rickson called me and asked me to move the United States and teach, I was ready to go. I figured, he did me good once, he would for sure do me good the second time."

But things weren't as easy as Sauer thought. "I got over here and couldn't



Knee-On-Stomach Spinning Arm-Bar

Pedro Sauer controls his opponent with the classic knee-on-stomach position (1). When his opponent pushes Sauer's knee to break the position, Sauer under-hooks the elbow to control the arm (2), then uses his other hand to turn his opponent towards him (3). Pressuring the head to create distance (4), Sauer then spins his back leg over the head, trapping the body (5), then lays back and executes the finishing arm-bar (6).

speak any English, but I was able to hook up with Rorion (Rickson's brother) and train at the Torrance School. Soon after that I decided to open my own school in Salt Lake City, still associated with Gracie Academy, of course. Those were hard times, I had very few students and BJJ wasn't as popular as it is today. I had to work during the day and then teach at night. After a while, though, the school became more well-known and grew quickly."

Pedro's school grew so much that eventually he had students going everywhere and spreading his word. Eventually, he had to open an association as his grass-roots fame spread across the country. Currently the Pedro Sauer Brazilian Jiu-Jitsu Association has over 25 representatives throughout the U.S. and is adding more each year.

A Man With A Plan

Sauer supports the association and maintains quality control by visiting his associates at least once or more a year. Additionally, Sauer has several four-day workshops per year in his modern 8,000 square foot academy in Sandy, Utah. This event gathers all the Pedro Sauer representatives together to clarify and unify the association's teaching and training methods, and to standardize the way every instructor should conduct themselves as a professor and as a businessman. The result of all this support is that Sauer is respected and admired by all of his representatives. and every one of them mirrors his success.

When asked what led him to start an association, Sauer states that he quickly realized that jiu-jitsu teachings needed to evolve from the fighting-only mind-set that was developed in Brazil. Pedro's approach is different because he has an interest in developing the student as a whole. "We work a lot on the improvement of personal skills," Sauer says. "I want to make you a better person in addition to making you a better fighter, because one is nothing without the other. In my mind, the academy is a place for a person to grow in fighting knowledge and in the development of themselves as a human being."

"We work a lot on the improvement of personal skills. I want to make you a better person in addition to making you a better fighter, because one is nothing without the other."

The Frank Cucci Connection

When asked how he achieved his tremendous success so quickly, Sauer is

Continued on page 95

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VALE TUDO
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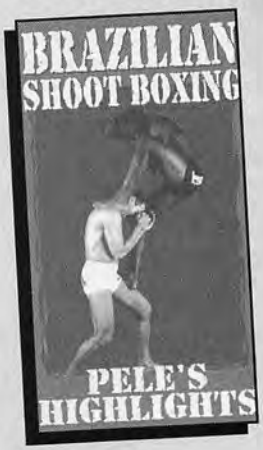

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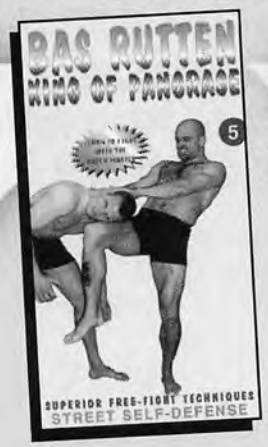

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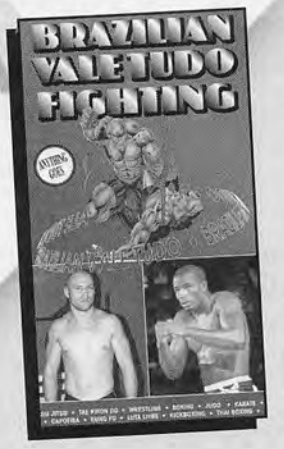

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Marco Ruas

The King Of The Streets

By Jose Fraguas

Known worldwide as The King of the Streets, Marco Ruas has been involved in martial arts for more than three decades.

A native of Rio de Janeiro, Brazil who now makes his home in Southern California, Marco Ruas is generally acknowledged to be one of the top vale tudo fighters in the history of the sport. A familiar face to anyone who follows no-holds-barred fighting, Ruas has graced the covers of the top martial arts magazines around the world. He is a fighting star considered by many to be one of the most balanced fighters to ever compete inside the Octagon, with equal skills standing up and on the ground.

A past winner of the UFC, where he had to overcome a broken finger in his right hand the day before his first title match, Ruas has also taken the top spot in the prestigious World Vale Tudo Championships several times. Stardom hasn't come easy, however, and Ruas has worked very hard to get to the top. He holds a black belt in several different martial arts styles and has combined his favorite elements of each to create his own system called Ruas Vale Tudo.

Q: When and why did you begin to practice martial arts?

A: I was about 13 or 14 years of age and I liked martial arts. I used to watch an American TV series called *Kung Fu*. At that time in Rio de Janeiro, where I was born, martial arts were not very popular, except for taekwondo, which was enjoying big success. While I did not learn the art until later, my talent for fighting developed before that. I have seven brothers and they picked on me all the time, so it was usual for me to fight against all of them every day. I had to stay awake to protect myself!

One day I began to really develop physically and they weren't the big guys anymore. Then things began to change. I started to beat them up all the time. I was hyperactive and I showed interest in martial arts, so my father took me to practice with one of my cousins, Vinicius Ruas, a judo instructor. I practiced only a few months then I switched to boxing, which my friends did, and joined the Flamingo Club, which was already very famous for its soccer team. In addition, I started practicing taekwondo with Korean master Woo Jae Lee. Being a very dedicated athlete, I soon started competing in boxing and became the Rio de Janeiro State champion. In taekwondo, I eventually got my black belt. As years went by I continued learning other martial arts. I returned to judo, got my black belt, and also competed with big success.

I then practiced capoeira, a martial art created by Africans in Brazil during the time of slavery, for five years, and learned to fight very well in that style. However, I was not allowed to get the title of master. To be a master in capoeira, one must be an artist. You

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have to play musical instruments and sing songs as well as fight. But I only dedicated myself to fighting; I could not sing and did not learn the instruments. I guess my future was not in the music business!

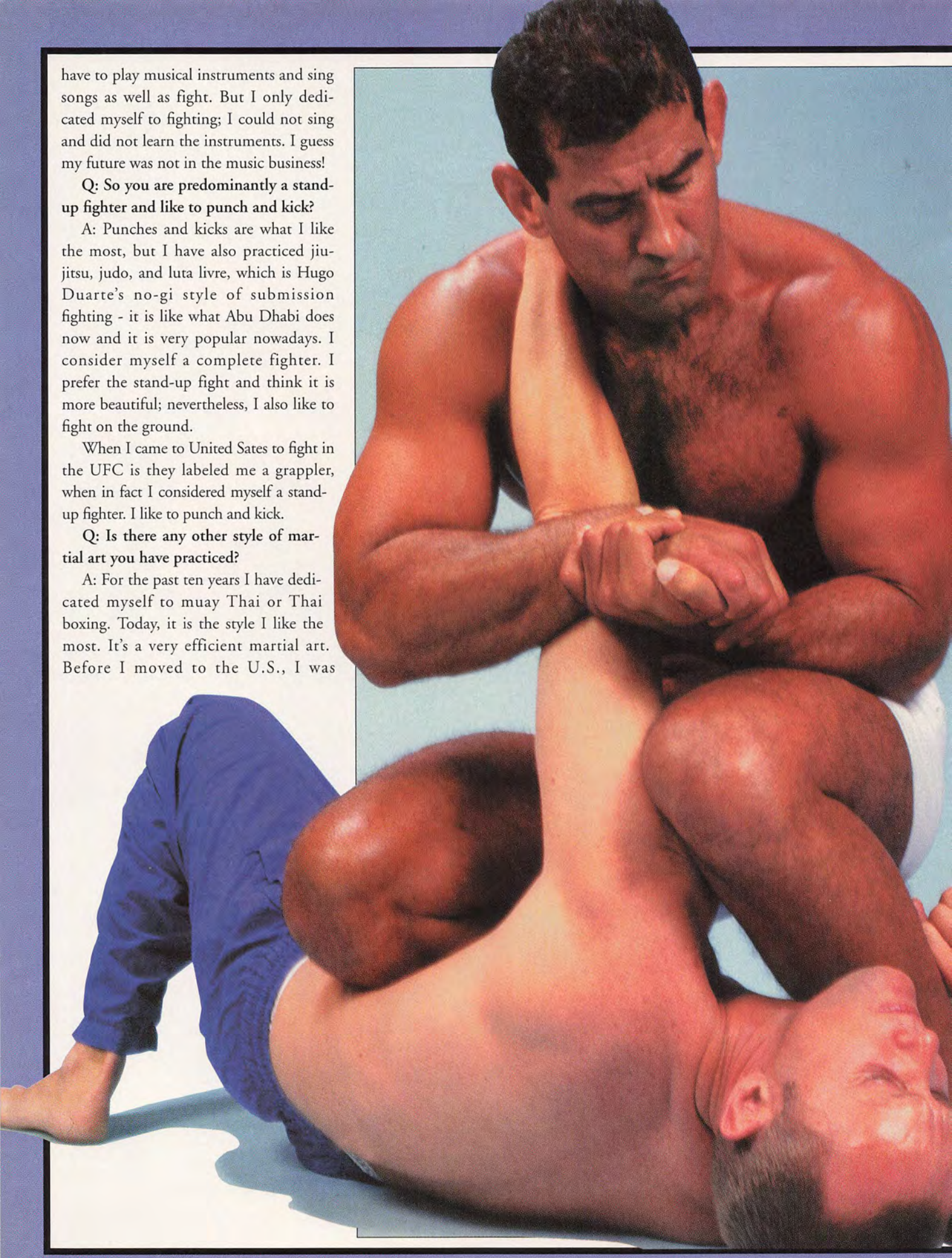
Q: So you are predominantly a stand-up fighter and like to punch and kick?

A: Punches and kicks are what I like the most, but I have also practiced jiu-jitsu, judo, and luta livre, which is Hugo Duarte's no-gi style of submission fighting - it is like what Abu Dhabi does now and it is very popular nowadays. I consider myself a complete fighter. I prefer the stand-up fight and think it is more beautiful; nevertheless, I also like to fight on the ground.

When I came to United Sates to fight in the UFC is they labeled me a grappler, when in fact I considered myself a stand-up fighter. I like to punch and kick.

Q: Is there any other style of martial art you have practiced?

A: For the past ten years I have dedicated myself to muay Thai or Thai boxing. Today, it is the style I like the most. It's a very efficient martial art. Before I moved to the U.S., I was



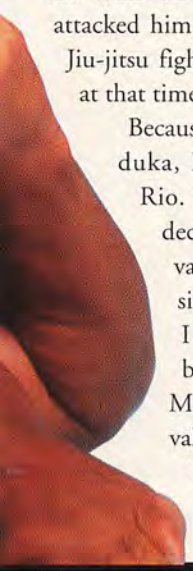
teaching at my muay Thai school in Rio.

Q: Why are you known worldwide as The King of the Streets?

A: That is just my last name. Ruas means streets in Portuguese, the language we speak in Brazil. When I first came to the U.S. to fight in the UFC, my managerat that time, thought it would be a good idea to introduce me as "The King Of Streets." This title has made some people erroneously think that I enjoy picking fights on the streets - which is not true at all.

Q: How did you get involved in vale tudo ?

A: In 1984, jiu-jitsu was challenging all other martial arts in Rio de Janeiro to prove it was superior. The organizers invited me to fight in one of the weight categories. I was to fight a jiu-jitsu man called Pinduka, one of the most respected students of the Gracie family. At that time I was already familiar with ground techniques, but had never had the desire to participate to challenges. Because I had been asked to fight, and because I had experience in stand-up as well as ground fighting, I accepted it. The representatives of jiu-jitsu dominated the challenge and won the majority of the fights. My fight, however, was an exception. They were certain that the famous Pinduka was going to win easily but our fight ended up in a draw. He dominated on the ground, but was unable to finish me because I had enough knowledge to escape his locks. Moreover, I hit him a lot. While on the ground, I continuously attacked him with my elbows and fists. Jiu-jitsu fighters were not good at this at that time.



Because of this fight against Pinduka, I became very famous in Rio. This motivated me and I decided to dedicate myself to vale tudo. I began to emphasize training ground fighting. I started to lift weights and became much stronger. Many opportunities to fight vale tudo fights appeared and I took them. There were also challenges from jiu-jitsu fighters, all of which I accepted. However, because of sponsorship problems, the fights never happened. But that also increased my name in the Brazilian martial arts circle.

Q: Is there any rivalry between you and the Brazilian jiu-jitsu fighters?

A: At one time, perhaps, but not now. Everyone pretty much trains everything now - especially in the United States. The truth is that I have nothing against jiu-jitsu and have great friends who train jiu-jitsu. I respect this style of fighting, I practice it and I think it is very good and very efficient. What I didn't like was some jiu-jitsu practitioners saying that their style was superior to all others. This is not true. In the past, people who only train karate, taekwondo, boxing, or any stand-up style would lose to jiu-jitsu fighters because they knew nothing about ground techniques. It is not smart to fight in an anything-goes match without knowing anything about ground styles. I like stand-up fighting but I also know how to fight on the ground. This is true for most top NHB fighters now. I believe I am more prepared for a vale tudo match than someone who only knows stand-up techniques and also more prepared than someone who only knows the ground. I have nothing against jiu-jitsu. How can I? I use it.

Q: How did you come to fight in the Ultimate Fighting Championship?

A: I was in Brazil dedicating myself to the training of vale tudo and Thai boxing, competing in muay Thai. Vale tudo existed only inside Brazil until the moment the Gracies launched the Ultimate Fighting Championship in the U.S. and Royce Gracie won the first one and was a big success. The UFC heard about me, and made me an offer. I accepted and fought in UFC VII and won. Everybody was impressed with my way of fighting because I fought on my feet and on the ground. I became famous worldwide all of a sudden. That's how my international career got started.

Q: In UFC VII, why did you say your style was Ruas Vale Tudo?

"I didn't think it was fair for me to participate to the UFC under the label of just one fighting art. In reality, my style is a mixture of many styles. That's why I said Ruas Vale Tudo. I wanted to prove that no style is better than another. If you really want to be a successful fighter you need a combination of different elements and systems."

A: After having learned so many styles of fighting such as boxing, jiu-jitsu, taekwondo, judo, and capoeira, I didn't think it was fair for me to participate to the UFC under the label of just one fighting art. In reality, my style is a mixture of many styles. That's why I said Ruas Vale Tudo. I wanted to prove that no style is better than another. If you really want to be a successful fighter you need a combination of different elements and systems. You have to incorporate techniques from different arts.

Q: You fought at UFC VII with an injury in your right hand, correct?

A: Yes, I had a broken finger. Of course, I knew that the UFC was going to be a serious challenge but it became a major one when I broke the middle finger in my right hand the day before the event. The doctor told to forget about fighting and that I was not going to be

able to use that hand at all. The pain in my hand kept my awake the night before. I didn't sleep or eat the day of the fight and my motivation and my spirit suffered. But I managed to overcome this obstacle and take home the prize.

Q: What do think about Royce Gracie? He has been criticized for his most recent fights against Takada and Sakuraba.

A: I think Royce has fought very well in all of his fights. He has done more than I expected from someone of his body size, fighting against people much stronger, and using rules that don't favor his style of fighting. He beat Takada, remember? A win is a win. How can you criticize that? And against Sakuraba, they stood them up after each round. Royce is not a round-based fighter. He is a classic jiu-jitsu man who gets his opponents down, tires them, and then submits them. Doesn't anyone remember his fight against Severn? That was Royce Gracie at his best. I think that if Royce would have gotten rules that favored him, that the results of the Sakuraba fight could have been a lot different. He got it really tough and he is held to a higher standard than anyone else. Royce opened very big doors for other Brazilian fighters, including myself. His victories helped Brazilian martial artists to be respected and allowed us to show the world our techniques. I'm not personal friends with Royce Gracie, but I respect all his accomplishments. I haven't forgotten what he did for Brazil and for the sport.

Q: What advice would you give to the fighters who want to participate in NHB?

A: I think one must be a complete fighter and know how to punch, kick, and fight on the ground. If one just know one of these skills, forget it! The level today is very good and is getting even better fast. The fighter of the future will be a cross-training one - a complete fighter on the ground and standing up. Even jiu-jitsu fighters who started this kind of competition, are practicing stand-up today. It is getting more and more difficult for them since the stand-up fighters are learning ground techniques. One must be a complete fighter.

"I am very impressed with the commitment Americans are showing and with the number interested in cross-training and learning Brazilian techniques. It's incredible."

Q: What do you think of Americans in vale tudo?

A: I am very impressed with the commitment Americans are showing and with the number interested in cross-training and learning Brazilian techniques. It's incredible. I believe the Americans will dominate this style of fighting for several reasons. First, the best Brazilian athletes are here in the U.S. teaching vale tudo. Second, Americans have strong bodies, are very dedicated, and show up for practice in big numbers. Another good point is that Americans are used to the idea of cross-training. Other countries have this idea of being "loyal" to the first martial art ones practices, and not trying anything else.

Q: You seem to have basically settled in the United States.

A: Well, I have been here for many years and I really like it. I already have my green card and even though I love

Continued on page 126

Photos by Garrett Poe, courtesy sherdog.com

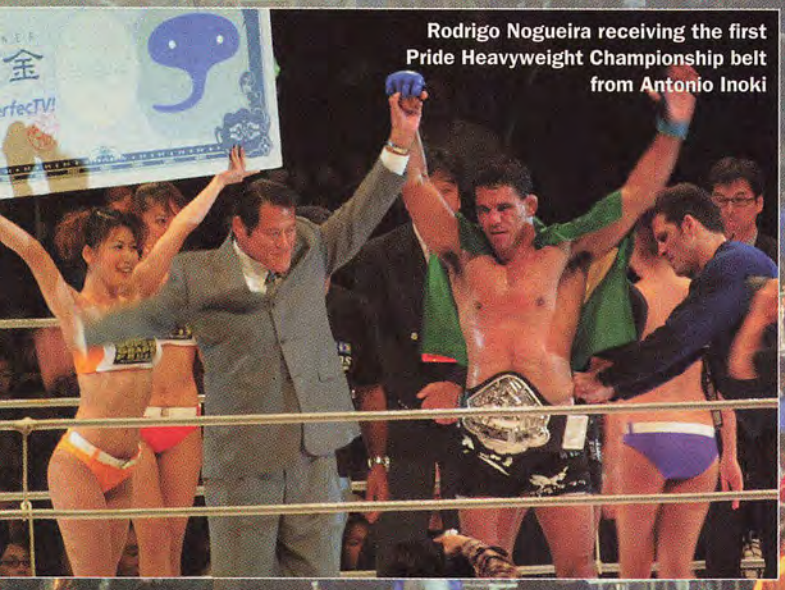
Pride 17

Rocks the New Millennium

By M. Glenn

The spectacular Heath Herring vs. Rodrigo Nogueira match overshadowed all other fights in an amazing clash that just might go down in NHB history as the greatest battle of all time.

November 3, 2001 Tokyo Dome, Tokyo, Japan, 52,000 Attendance - No-holds-barred is becoming the entertainment sport of the new millennium with the UFC back on track with a great show in Las Vegas and Pride drawing huge crowds in Japan. In keeping with the new excitement, Pride rocked the world with the first two title fights in its history! While all the fights in Pride 17 were not stellar, the match-ups that did perform, performed well. Pride has the best heavyweight division in the world right now, and while some Pride fighters might not deserve to be in the greatest NHB show on Earth, no show has as much overall talent and depth as does Pride. When Pride talks, people listen and Pride 17 will be sure to set the NHB world buzzing with excitement and controversy. But that's not a bad thing - after all, half the fun of watching NHB is arguing over it!



Rodrigo Nogueira receiving the first Pride Heavyweight Championship belt from Antonio Inoki

Renzo Gracie knees Ohara

Renzo Gracie vs Michiyoshi Ohara

The expectations of a great match did not materialize. When the bell rang it turned into a very strange fight. Renzo Gracie, a ground specialist, threw awkward punches and kicks which Ohara defended very well. Unfortunately, Ohara had defense but no offense. The result was a very boring fight to the fans and obviously to the referee - as both men were given a yellow card for lack of action. Finally Renzo Gracie was awarded a decision in a fight that everyone would be better off quickly forgetting.

Quentin "Rampage" Jackson vs Yuki Ishikawa

Quentin Jackson was impressive in his recent fight against Sakuraba and proved, with this fight, that he will be around for many more Pride shows in the future. The match featured big throws and lots of action by Jackson as he got the well-deserved win.

Rampage Jackson dive bombs Ishikawa

Dan Henderson vs Murilo "Ninja" Rua

In the beginning of the bout Henderson controlled the fight and avoided Rua's takedown attempts by countering with good striking combinations. Later in the fight, Rua showed good ground control - but the first round ended up fairly equal for both fighters. The second round definitely belonged to the Brazilian, who got Henderson in trouble multiple times with good ground control and aggression throughout the period. The third round was the most spectacular of the evening with a relentless action-packed attack from Henderson during the final two minutes. Murilo got a yellow card for stalling, and after the fight continued Henderson almost knocked Murilo out and he was only saved by the bell. A close fight overall, but Henderson definitely deserved the decision win.

Maasaki Satake vs Semmy Schilt

Satake impressed everyone in his last fight against Igor Vovchanchin. During the three-round war, Vovchanchin had major troubles with the harsh low kicks of the K-1 veteran. However Schilt entered the ring to the music "Thunderstruck" and looked determined, dangerous, and not intimidated. When the fight started, Schilt turned the tables on Satake with hard front kicks, letting the Japanese taste an unpleasant Dutch treat. Satake tried to low kick in return but his attempts were blocked by Schilt, who

Dan Henderson battling Ninja Rua

Semmy Schilt sizing up Maasaki Satake

countered with low kicks of his own and hard punches. Two minutes into the fight Schilt attacked with a knee to the chest of Satake. Schilt, though, who is very tall, accidentally touched Satake's groin area with his foot and received a yellow card which was not totally deserved. Satake, showing that he might have a future in the movies when his fighting career is done, made a big "theater act" out of nothing, trying to make Schilt look bad. Unfortunately for Satake, this only had the effect of annoying Schilt. When the fight finally resumed, Schilt was more aggressive than ever and landed a hard combination. Satake managed to land one right-hand punch, but this was countered by Schilt with a big front kick followed by a left hook which dropped Satake. Schilt followed Satake to the ground, delivering a big right hand and causing the referee to stop the fight. This was a very impressive win for Schilt in only 2:18 of the first round. The Dutch giant, who has now defeated Pete Williams, Akira Shoji, and Satake within a 6 month time span, is proving that he is a major force in the heavyweight division.

Igor Vovchanchin vs Mario Sperry

Vovchanchin was supposed to fight Schilt in Pride 16, but after the fight with Satake he had too many injuries and was not able to fight. This time around, Igor was seen before the fight with a big cut in the forehead (received during training according him), and also told several people that he had to have surgery on his elbow. Mario Sperry, on the other hand, looked very fit and ready and the outcome of the fight was never in question. Sperry immediately took Vovchanchin down, established a dominant position, and applied a choke, forcing the Russian to tap out. Vovchanchin looked like he was fighting more against himself than

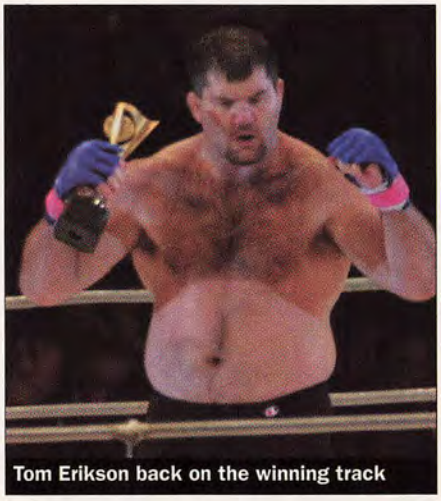
Sperry making short work of Igor

Sperry, and made a poor showing. This was not the same Igor seen in his many other fights, and one has to wonder if the constant battles have permanently eroded his once-formidable skills. Hopefully, Igor will win the battle with himself and the old Igor will return to the NHB fighting scene.

Tom Erikson vs Matt Skelton

Matt Skelton is from K-1 and so is Mirko Cro Cop. Hopefully, the Japanese promoters have now seen that K-1 fighters do not function well in NHB and that these match-ups are not really what the audience in Japan likes to watch. Erikson easily executed a takedown and

Tom Erikson shoots on Skelton


Tom Erikson back on the winning track

then strangled Skelton by squeezing his throat with his five fingers. Skelton looked helpless on the ground and had no clue what he was doing once Erikson took him down. This was a very quick and disappointing match-up.

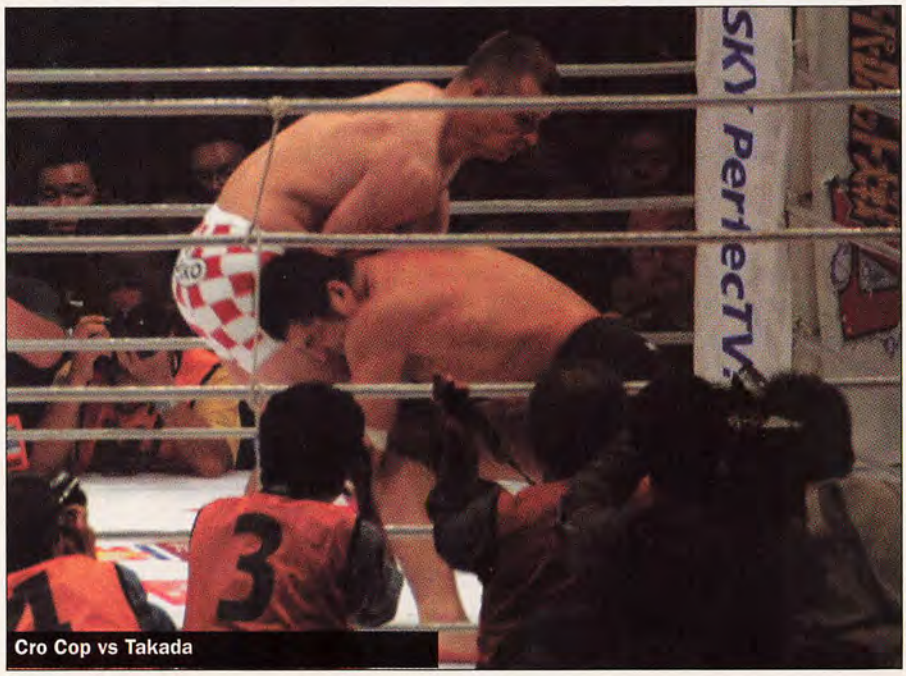
Nobuhiko Takada vs Mirko Cro Cop

Cro Cop is known for his action-packed fighting style and is beloved by the Japanese K-1 audience for his spectacular attacks. When the fight started, it became immediately obvious that this bout was a total matchmaking failure. Takada wanted to only be on the ground and Cro Cop wanted only to be on his feet and neither man was willing to play the others game to make a fight out of it. Each of the five 3-minute rounds were the same with Takada on his back and Cro Cop standing above delivering only an occasional leg kick. If any fight of the night deserved a yellow card for lack of action it was this one - but it strangely did not happen. The Japanese fans were even booing, which might have been the first time in Pride history this has happened! The fight ended with a judges decision draw. This fight definitely did NOT belong in a big event like this. Hopefully, the Pride matchmakers learned from this fiasco.

"The Herring vs. Nogueira fight was so spectacular that it made up for all shortcomings in the rest of the card! On the basis of that one match, Pride 17 can be called a resounding success."

Antonio Rodrigo Nogueira vs Heath Herring

The trainer for Heath Herring, Cor Hemmers (the trainer and stepfather of famous muay Thai world champion Ramon Dekker) told the Pride matchmakers six months ago, that Herring was not ready for a title fight against an opponent like Nogueira. However, Hemmers also said that he would do his utmost as a trainer to prepare his fighter. Herring and his two cornermen entered the gigantic Tokyo Dome wearing cowboy hats and big leather jackets with Western music blaring. The grand entrance, however, would soon be eclipsed by the grand fight



Cro Cop vs Takada

Heath Herring and Rodrigo Nogueira in a battle of epic proportions.

to follow. This might have been the most spectacular and exciting fight in the history of Pride.

The first round began with both fighters exchanging lighting-fast boxing techniques. Herring then landed a big knee and Nogueria answered with a takedown. On the ground, the war and tactics continued at a dazzling pace with Nogueira, on his back, trying to triangle Herring and the American escaping several times to stand-up again. The Tokyo Dome was on its feet as the crowd went wild for action never before seen in an NHB fight between such big men. The whole ten-minute first round was action-packed and everyone was wondering how they could keep up such a frantic, murderous pace for two more rounds. In the last minute of the first round Nogueira dominated, but overall the first round was very close.

The second round started the same way as the first with Herring escaping Nogueira's ground attacks in order to stand-up and strike. As the round wore on, Herring unleashed vicious low kicks with hurt the Brazilian, but Herring was too tired to punches in combination and did not take full advantage of the effective kicks. Nogueira was definitely much better on the ground but Herring proved to be an escape artist to rival Houdini, as he got free from every submission attempt by the master grappler. The crowd loved the action and with every escape they stood-up and cheered, knowing that they were witnessing a fight that would be called legendary in the future.

In the third round the action continued, but both fighters were very tired even though they gave it their best. They both survived the final two rounds and waited for the decision. As he waited, Herring felt that he came up a little short to win the fight. His instincts were correct as Nogueira got the decision win and the title belt - but what a fight it was! This was definitely something special, and with Herring only being 23, and Nogueira 25, these two top stars will be seen by millions of fans around the world in many more events before their careers are over. There were no losers in this match and both men should be equally

results

PRIDE 17

Renzo Gracie vs. Michiyoshi Ohara
Gracie, R2 unanimous decision

Quinton "Rampage" Jackson vs. Yuki Ishikawa
Jackson, R1 KO

Dan Henderson vs. Murilo "Ninja" Rua
Henderson, R3 (OT) split decision

Masaaki Satake vs. Semmy Schilt
Schilt, R1 TKO

Igor Vovchanchyn vs. Mario Sperry
Sperry, R1 tapout

Tom Erikson vs. Matt Skelton
Erickson, R1 tapout

Nobuhiko Takada vs. Mirko Cro Cop
draw

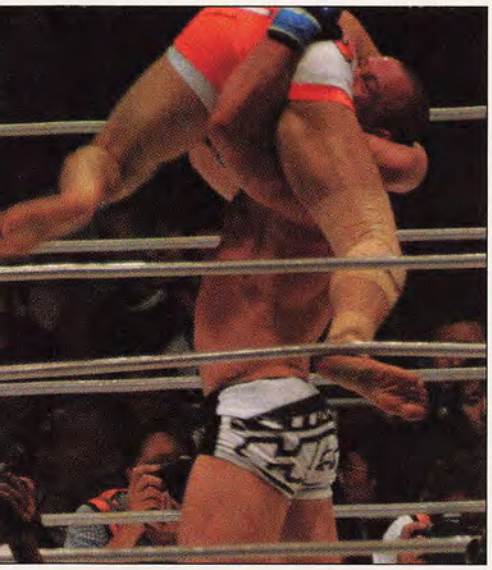
Rodrigo "Minotauro" Nogueira vs. Heath Herring
Nogueira, decision

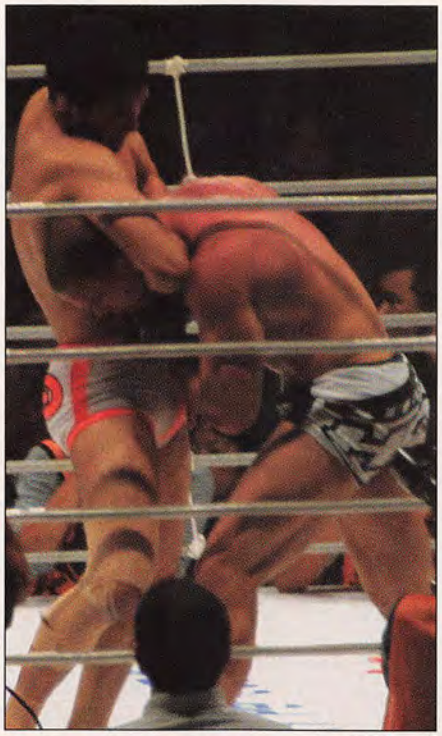
Kazushi Sakuraba vs. Vanderlei Silva
Silva, medical stoppage after R1

applauded for the guts and glory they showed the world.

Kazushi Sakuraba vs Vanderlei Silva

This eagerly awaited rematch started with exciting techniques from both fighters, with Sakuraba wanting to go to the ground and Silva defending Sak's attempts. Suddenly, though, Sakuraba was thrown into the air by Silva and landed very hard on his shoulder. Later, between rounds, it turned out that Sak had ripped the shoulder muscles completely. Sadly, the





fight ended with a doctor's stoppage before round 2 and a loss for the very game but disappointed Sakuraba.

Sakuraba gamely battled Vanderlei Silva, but came up short

Conclusion

Without the spectacular attacks of giant Dutchman Semmy Schilt in his fight against Satake, the classic Herring vs Nogueira match, and the last round of the Dan Henderson fight, it would have been a boring show. Hopefully, the Pride organizers will realize that bringing K-1 fighters to the show did not bring the action results that they wanted. Stand-up fighters who don't know the submission game are still virtually helpless. Likewise, K-1 would not be advised to put gloves on Tom Erikson and Renzo Gracie and put them into a K-1 tournament. However, the Herring vs. Nogueira fight was so spectacular that it made up for all shortcomings in the rest of the card! On the basis of that one match, Pride 17 can be called a resounding success.

UFC 34
The Grand and the Glorious

By Kid Peligro

Filled with exciting fights, dramatic finishes, and crowd-pleasing action, UFC 34 was a show that can only be described by one word - WOW!

Las Vegas, Nevada, Nov. 2, 2001 - The MGM Grand Hotel and Casino was the scene for the 34th edition of the Ultimate Fighting Championship. As one arrived at the Grand Arena, you couldn't help but feel a sense of urgency from the UFC brass. Sometimes the best laid plans of mice and man go awry - and in UFC 33, after a disappointing last-minute injury to Vitor Belfort that left the show in shambles and Tito Ortiz fighting a replacement, one wondered if the UFC would recover. In UFC 33, the Fertitta brothers had brought together many of the world's top fighters, hoping for a great show for their cable debut. But as they quickly found out, having the number one contender going against the champion doesn't guarantee an action-packed fight - or any fight at all, for that matter. It was a case of bad luck overcoming good planning. So at UFC 34, a smiling but nervous UFC president Dana White was telling anyone who listened that he was hoping for some good luck, and was crossing his fingers for more action than the last show. While the fans and media present assumed that there *would* be better fights, no one had any idea just how good the card would turn out to be.

As Good As It Gets

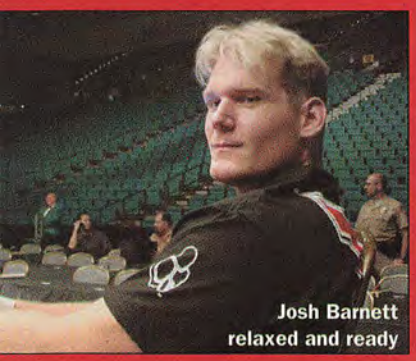
As the crowds gathered to go through the heavily-secured entrance you couldn't help but notice that this was a top-notch organization with serious plans for the sport. Every detail was well-planned and totally professional. In the press room, credentials were handed with tight screening that would make the Pentagon turn green with envy, with photos required for each pass and specific positions assigned for each media representative. Once inside the arena, you could see the famed Octagon, the symbol of the UFC and of all mixed martial arts. The location where gladiators from Royce Gracie to Tito Ortiz had fought epic battles stood out like a crown jewel. The Octagon looks bigger in real life than on TV and is actually a little intimidating. The inside area is quite large, and with all that real estate to move around in, it is amazing that a lot of the fighters end up bunched against the fence.

Photos by Susumu Nagao and Kid Peligro

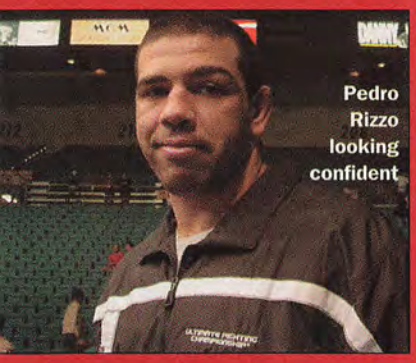
B.J. destroyed Caol Uno

Who's Who of No-Holds-Barred

In the audience you could see anyone who was anyone in no-holds-barred: UFC champs Tito Ortiz and Jens Pulver, celebrity fighters like Fabiano Iha, Brazilian jiu-jitsu black belts Rodrigo "Comprido" Medeiros and Romero "Jacare" Cavacanti, King of the Cage promoters Bud Brutsman and Terry Trebilcock, WFA Promoter John Lewis, world-class trainer Mat Hume and many others. As the hour of the fight began to approach, the crowds started to fill the seats and you could feel the excitement and anticipation. Soon it was time for Bruce Buffer, the Golden Voice of the Octagon, to announce: "Are you ready to rumble?" With the lasers flashing and the music blaring, it was time for the fighters to get down to business.



Josh Barnett relaxed and ready



Pedro Rizzo looking confident

Frank Mir vs. Roberto Traven

As the fight began, you could sense that Traven was somewhat intimidated by the 30-pound weight advantage that Mir had over him and he began to retreat. Soon he had been tagged by a couple of punches, one of which sent him in a daze to the canvas. Before he could recover, Mir arm-barred him and ended the match early in round one.

Matt Lindland vs. Phil Baroni

Now it was time for Olympic wrestler Matt Lindland to fight toughman Phil Baroni. This fight proved to be a barn burner, with some very hard and heated exchanges of punches for three rounds. The match had the crowd cheering non-stop, and at the end of three rounds it was Lindland who got the hard-fought judges' decision.

Evan Tanner vs. Homer Moore

Evan Tanner faced Homer Moore next. Tanner, a skilled and dangerous technician who last lost to Tito Ortiz via a body slam, was facing the relatively inexperienced Moore, a wrestler with little professional ring experience. After a good takedown by Moore, Tanner started to operate like a BJJ fighter, attacking Homer's arm and neck with a triangle. While his ground skills were not incredible, they were still good enough to catch Moore's arm for a round two submission.

Josh Barnett vs. Bobby Hoffman

In the first fight of the main card, "The Baby-Faced Assassin," Josh Barnett, overwhelmed the tough Bobby Hoffman with his high energy and relentless attacking style. Hoffman is a game and experienced fighter but Barnett was too much for him as he tapped from strikes in round two. After the fight, Barnett's manager, Matt Hume, confided that, "Josh is just a big kid having fun out there. For him, it is just like a video game and he is pushing the buttons." Hume then smiled and said quietly, "We want Couture next."

B.J. Penn vs. Caol Uno

It was now time for one of the most anticipated fights of the night: Brazilian jiu-jitsu world champion and American phenom B.J. Penn against Japanese Shooto sensation Caol Uno. While nearly everyone had been hyping Penn prior to the fight, detractors had insisted that he had been lucky against Din Thomas in his previous UFC win, and hadn't faced anyone of any true skill. "Just watch when he faces Uno," they said. "Uno will show him!" This was actually a fairly credible argument, as Uno is a fantastic fighter who has gained impressive victories against very tough opponents. Having defeated Japan's acrobatic Rumina Sato before, and forcing UFC champion Jens Pulver to go the distance before losing a close decision, Uno appeared ready give Penn his ultimate test.

As soon as the bell rang, Uno, in characteristic fashion, ran at Penn and threw a jumping kick to his mid-section. Penn calmly avoided it and the two faced each other standing. Penn was the first to land, blasting a left hook to Uno's face followed by a right that sent the Japanese down to the fence. Pouncing like a

Rizzo in trouble against Randy Courture

Carlos Newton looking for the submission against Matt Hughes

charging tiger, Penn landed four more punches before Big John McCarthy jumped between them and stopped the fight. Uno was out cold.

B.J. Penn is everything everyone has said about him and more. Watch for him to make a huge push for the title in UFC 35. After the match B.J. said, "I've been training very hard for this fight. I knew he is a great fighter and would try that kick - so I was ready for it and was able to avoid it. I am very happy with the result!" Most ringsiders agree that Jens Pulver will have his hands full in UFC 35. What a battle this will be!

Ricco Rodriguez vs. Pete Williams

Ricco Rodriguez used his new-found stamina to defeat Lion's Den fighter Pete Williams. Rodruguez, now training with Tito Ortiz and using Maurice Smith as a conditioning coach, was in prime form. Form the very start of the match it was Ricco applying the pressure, and Williams using his caginess and experience to reverse positions. At one point Rodriguez had a solid knee-bar locked-in place, but Williams just ignored it and got out. Williams experience, however, was not enough in the long run as Rodriguez kept up the pressure and the referee finally stopped the match due to a series of strikes.

Carlos Newton vs. Matt Hughes

To this point, the event had been fantastic, with several submissions and TKO's and non-stop action. The crowd was electrified but as the two title fights approached the big question was, "Could the UFC's luck continue or would things go bad again like in UFC 33?" That question was quickly answered as UFC Middleweight Champion Carlos Newton faced challenger Matt Hughes in what will be remembered for a LONG time as a battle of epic proportions.

Hughes started out by using his great wrestling skills to take Newton down. Newton, a fantastic submission fighter, was counterattacking with everything he had - several arm-bar attempts switched to straight arm-locks that were soon followed by a great hip sweep. The two warriors were once again on their feet and Hughes applied a huge throw. Again Newton on the bottom trying to work his magic, attacking every limb of Hughes that he could get his hands on. Whoever said that said wrestlers can't be swept forgot to tell Carlos Newton, as he worked a beautiful half-guard sweep to once again get a superior position. Hughes, however, escaped and reversed. Newton, back on the bottom, secured a very tight triangle on Hughes and looked like a sure bet to put him out. Hughes, in desperation, lifted Newton off the

UFC 34 Results

Frank Mir def. Roberto Traven
R1, arm bar

Matt Lindland def. Phil Baroni
3R, majority decision

Evan Tanner def. Homer Moore
R2, arm bar

Josh Barnett def. Bobby Hoffman
R2, TKO

Ricco Rodriguez def. Pete Williams
R2, TKO

B.J. Penn def. Caol Uno
R1, TKO

Matt Hughes def. Carlos Newton
R2, KO

Randy Couture def. Pedro Rizzo
R3, TKO

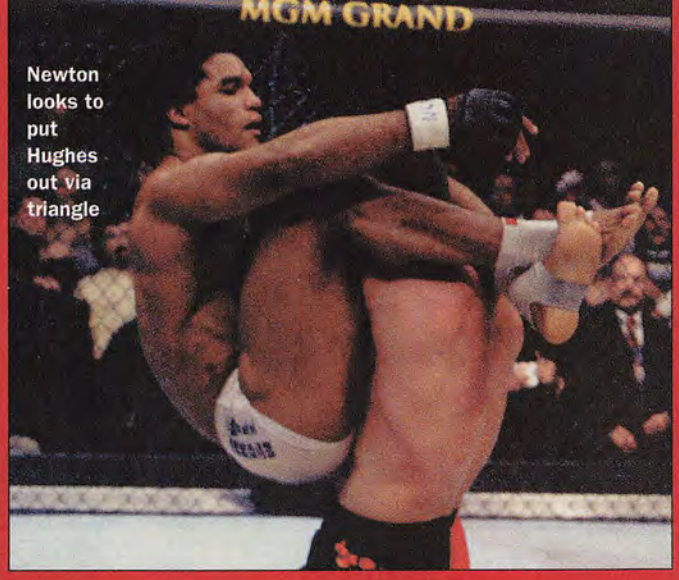
ground and was ready to slam him, but ran into the fence. What followed was perhaps one of the greatest and most amazing ending ever seen in mixed martial arts. With the ghost of *Rocky II* visiting the Octagon, Hughes was choked unconscious and collapsed. With his last bit of strength, however, he slammed Newton to the ground as he passed out and knocked-out Newton as well!. The first one to his feet would be the winner - and Hughes did just that and carried the title home. "Yo! Adrian! I did it!"

At the press conference afterwards, Newton stated: "I was thinking that I was still the champion and then I woke up and realized that it had just been a dream and that I had lost. But I am like a bad dream - I am coming back. You watch. I am coming back!"

Randy Couture vs. Pedro Rizzo

An absolutely frenetic crowd was ready for the heavyweight battle - the rematch of Randy Couture vs. Pedro Rizzo. In their first war, Rizzo ended-up on the short end of the judges' decision. It was a bitter disappointment for him and led to campaign for a rematch. After tremendous amounts of negotiation, Zuffa was able to finally put the deal together and secure the fight. Earlier in the day, Rizzo has said he was ready, had been training hard, and wanted to prove to everyone that the title should be his. But as the fight started, it was a different Rizzo that was in the ring.

Perhaps affected by the sight of his good friend Traven's dislocated elbow, or perhaps befuddled by Couture's constant movement, a hesitant and tentative Rizzo let Couture dominate the match from start to finish. Couture used his amazing wrestling skills to continuously take Rizzo down and do damage



Newton looks to put Hughes out via triangle

from the top mount. In the middle of the third round, referee Big John McCarthy did the right thing and stopped the fight to avoid further damage to the bloodied Rizzo. Couture silenced his critics and won the fight without question.

Final Words

Zuffa and the new UFC had perhaps their best show ever, at their largest venue, in front of a national cable audience. Dana White should cross his fingers for the next show as the word-of-mouth buzz from this event will start an anticipation that will surely lead into the next UFC show at the Mohegan Sun Casino in Connecticut on January 11, 2002. Headlined by Murillo Bustamonte vs. Dave Menne, the next show promises to build on the action of the MGM Grand show. Anyone who saw UFC 34 will already be ordering UFC 35!

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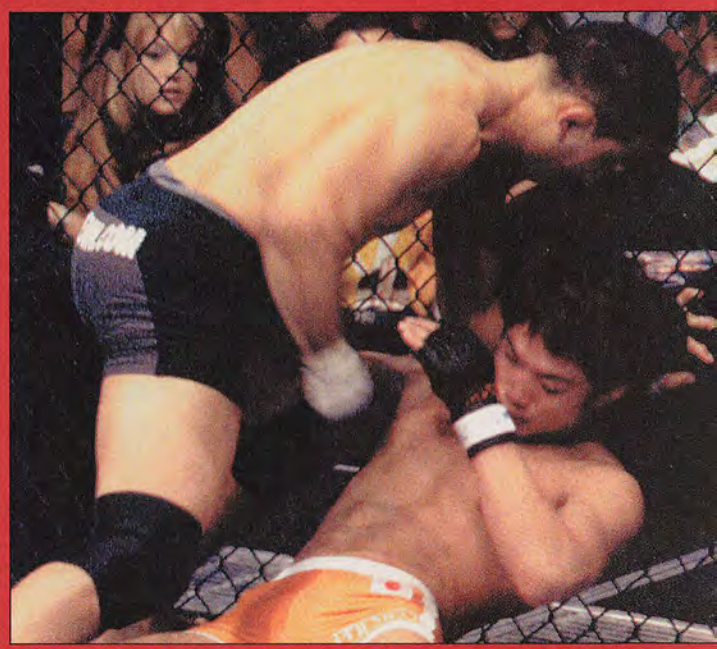
B.J. Penn hammering Uno into unconsciousness

How To End A Street Fight Fast With Dirty Grappling Secrets

by Matt Furey

Sport fighting has its place and most of us love it. I sure do, and mostly because, in wrestling and Shuai-chiao kung fu, I've won five national titles, one world title and the credibility that goes with it. But the real reason why many of us got into grappling in the first place, is because we want to know we can "kick butt and take names" on the street.

And the truth is, we may think punches and kicks and throws and takedowns and submissions are cool, but what we really want is the feeling of **POWER** that martial arts are supposed to give us; the feeling that we can kick someone's ass if we need to; the feeling that we can provide a shelter for ourselves and our loved ones. And sometimes, this shelter must be erected on the street. That's why, regardless of what art you study, if you aren't learning how to use what you know on the street, then you're not getting what you originally wanted when you began training.

Well, all that has changed with my new ***Street Grappling*** videos. This two-volume set of videos will show you so many different ways to manhandle thugs on the street, that you'll fear for the life of anyone who even thinks about attacking you. These videos cover stand-up and ground grappling as well as how to integrate grappling with strikes. They cover brutal **European pre-World War II street fighting techniques** taught to me by the German Karl Gotch, "The God of Pro Wrestling in Japan," aka "King of the Waterfront." They also cover nasty material I've learned in my study of Chinese and Mongolian fighting systems. Talk about some brutal wars these countries have fought.

Let's take a look at what's on Tape One first:

- A lightning fast way to counter a forward push (the one thing most street punks like to do to intimidate those they want to fight). Once your attacker is on the ground - you'll quickly put his arm behind his back and wrap him in a turkey bar that doesn't need any dressing.
- How to knock a guy out from the classical arm bar position. So easy you'll wonder why you never thought of it yourself.
- How to spin an attacker around when he grabs, pushes or reaches - and put him in a rear choke - all from standing.
- Knowing when to simply restrain the attacker and key ways to do it.
- How to magnify the force of your rear naked choke. A little-known secret they don't teach anywhere.
- How bouncers and law enforcement can pull a guy to the ground with ease when he's jamming himself in a doorway or resisting arrest.
- How to stop a bite attack with proper ground position and strikes.
- How a 105 pound girl can snap a big guy's elbow when he reaches to grab or push.
- Key ways to drill all these holds and make them automatic reflexes.
- Devastating joint locks that begin on the feet and end with your attacker sailing to the concrete. Splat!!!!
- How to dislocate the attacker's elbow on the feet.
- How and where to strike the attacker to avoid getting ambushed from his friends.
- Ending the fight without ever using the guard.
- Knockout strikes you can easily connect with from a clinch. Lights out Irene!!!!
- How to easily get the attacker handcuffed when he's on the ground.
- Knockout palm strikes combined with throws.
- How to make yourself as "slippery as an eel."
- How to beat the standing full nelson, rear choke and bear hug.
- The "pool stick" kick - when to use it and how it leads to ultra-painful joint manipulation.

And as if this isn't enough - let's look at what's on Tape Two:

- How to render any strong man helpless when he clinches with you in a front bear hug or body lock.
- Two simple ways to beat a side headlock.
- Why you should never trust someone who claims to have had 200 or more street fights.
- Why "Pure" Grappling is no good on the streets. You must have strikes and they must cut to the quick, hard-hitting and fast.
- How Grapplers using these techniques CAN beat multiple attackers.
- 5 Easy and Effective Ways to Counter a Double-leg tackle.
- How to quickly close the gap on a striker.
- How to set up your own leg tackle with a strike.
- How to beat the mount, even and especially when the attacker is trying to punch you.
- What to do if you end up in the guard on the street. Highly unlikely, but if it happens, what you should do.
- How to use your elbows on the ground.
- If you end up on your back, where to strike and how. These nerve attacks will help you reverse the attack within seconds.
- Rolls and reversals if you end up on your knees.
- Toe holds, wrist locks, face locks and other brutal holds that will make the attacker "Cry Uncle" - ending the fight almost as soon as it starts.
- Restraining holds that any law enforcement person can use. They're painful as hell and you'll get the suspect to believe in the word "compliance."

Now that you know what's on these tapes, take a look at what some of my thousands of world-wide customers have said:

"I've been involved in martial arts for more than 35 years and what Matt Furey has to teach will open your eyes and make you realize that there is a world of information inside of him that most people have no idea about. I recommend all of Matt's products because they've made a big difference in my training."
John Saylor - Shingitai Jiujitsu
3x National Judo Champion, 2x Pan Am Medalist

"Matt, I just tried out your Frank Gotch toe hold in my jiu-jitsu class. My 23-year old, 225 pound purple belt training partner, tapped six times in less than twenty minutes. I am 49 years old and weigh 165 pounds. We both were in AWE ... I've never done this well before."
Steve Maxwell - Black Belt in BJJ
2x Brazilian Jiu-Jitsu World Champion

"As a State Trooper, I find the techniques shown in all Matt's tapes, to be of immense value in my quest to stay one up on the bad guys."
James Truesdell
Alaska

"Matt, I own quite a few tapes from a lot of the "big names" out there, and viewed them all with various wrestlers, judokas, and military elite. But when we watched your tapes, the comments were, "Where did you get THIS set from?", "This is awesome", "That's what I want to learn!"
Zack Ostiguy
U.S. Air Force

"Matt Furey is definitely the "Surgeon of Submission." What he teaches you won't find anywhere else. I weigh 340 pounds and squat 900. Matt is the only guy who ever took me down with a leg attack. What he did after that was brutal."
Bud Jeffries - www.strongerman.com
World's Strongest Man

"I've got black belts in jiu-jitsu, kenpo, and aikido, and a few of the moves were familiar, but the majority of them were not and ALL of them were truly useful. If I could only have 5 martial arts training tapes to my name this set would be among those 5.
Phil Buechner
Redding, CA

"I knew nothing about fighting when I got these tapes and didn't know if the techniques would work. A week after watching them I got attacked. When he grabbed my shirt I did what Matt said to do. I palm struck the guy and knocked him out. Now all I want to do is study more."
Charles Morris
Bronx, NY

Special Limited Offer With Three Free Gifts

Street Grappling is a two-volume set of videos. They are packed with so much valuable information that they should sell for at least $500. Especially when you know you could pay 10 times that amount, searching the world for this knowledge - and still come up empty handed.

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Very few fighters understand how to apply leg locks when in combat. The fighter who is skilled in this area has a great advantage over his opponents. In this valuable lesson Kazeka Muniz teaches the painful ground fighting foot and knee joint locks of Brazilian Jiu Jitsu. You will learn how to control your attackers legs to create the proper leverage for applying the leg lock correctly. Since few fighters ever think about protecting their legs, you can end a fight quickly with the techniques presented.
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This important tape features Brazilian Jiu Jitsu techniques that deal with standing aggression. Standing aggression is when an assailant approaches ready to attack. When confronted in this manner you will learn how to position your body to respond effectively and maintain balance. The techniques presented include self-defense against single and two handed grabs, choking attacks, bear hugs, punches, kicks, clinching and more. Your response will be quick and decisive. No longer feel fear when approached by a stranger, instead be ready to go into action with this Superior Brazilian Self Defense tape.
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7. BRAZILIAN STREET FIGHTING-SUPERIOR SELF-DEFENSE AND JOINT LOCKS VOLUME 2
This exciting tape combines Brazilian Jiu Jitsu with Muay Thai and Jeet Kune Do fighting techniques. Fear no one as you learn offensive and defensive street fighting strategies including proper stances and footwork, fighting posture and guard positions, balance, effective striking techniques using head butts, elbows, knees, fists, and low kicks in conjunction with chokes and joint locks. This tape is loaded with must have street fighting techniques and strategies.
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8. BRAZILIAN STREET FIGHTING-SUPERIOR SELF-DEFENSE AND TAKEDOWNS
In this exciting lesson Brazilian fighter Kazeka Muniz shows numerous ways of taking your attacker to the ground and applying a finishing strike, choke, or joint lock. He also includes an excellent series of Brazilian self-defense techniques for disarming a knife and baseball bat wielding attacker. Kazeka explains that anything goes in a street fight which is why the techniques are brutal but necessary including biting, eye gouging, and head butts. This tape completes your training in this exceptional Brazilian street fighting self-defense series.
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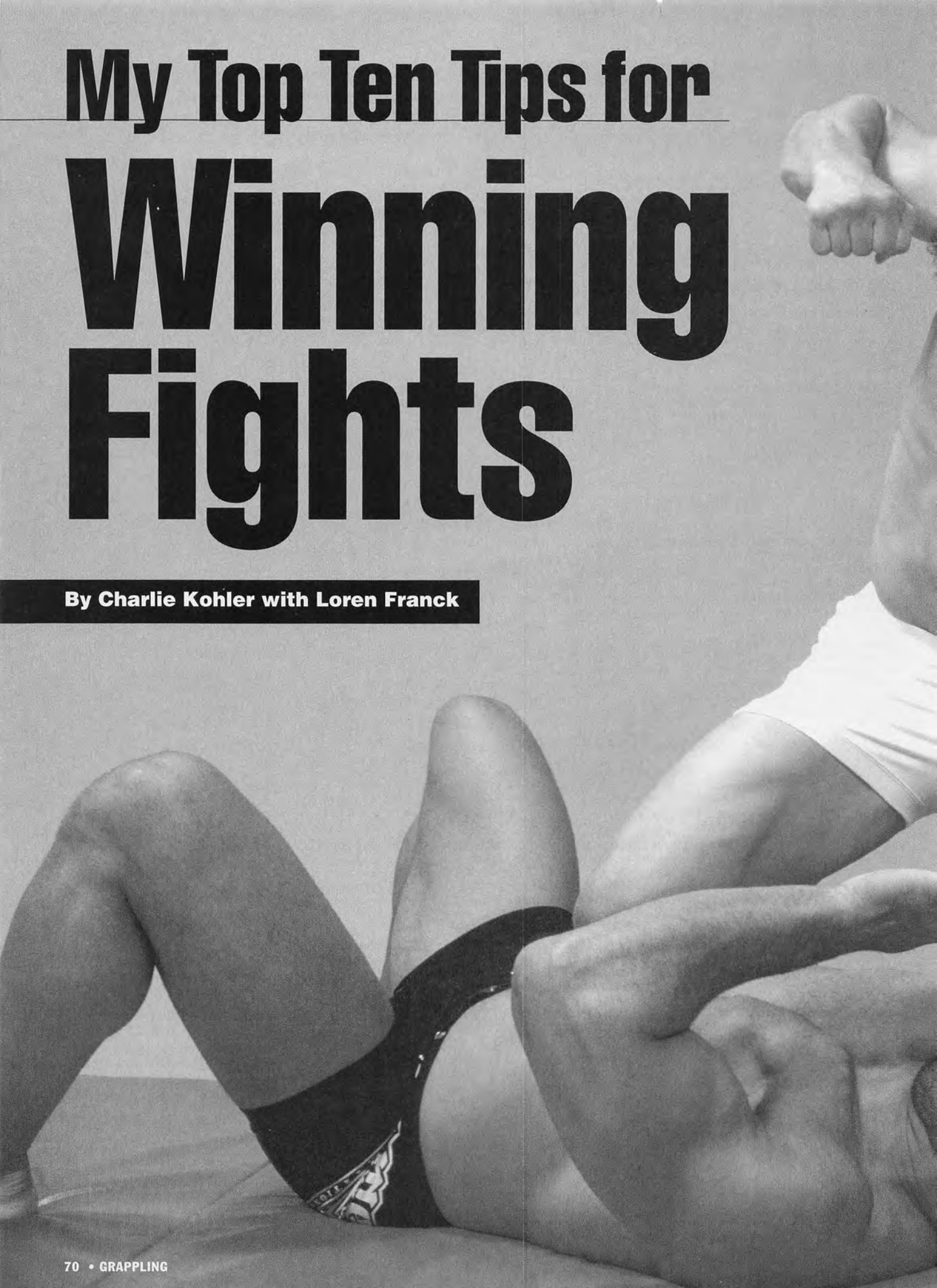
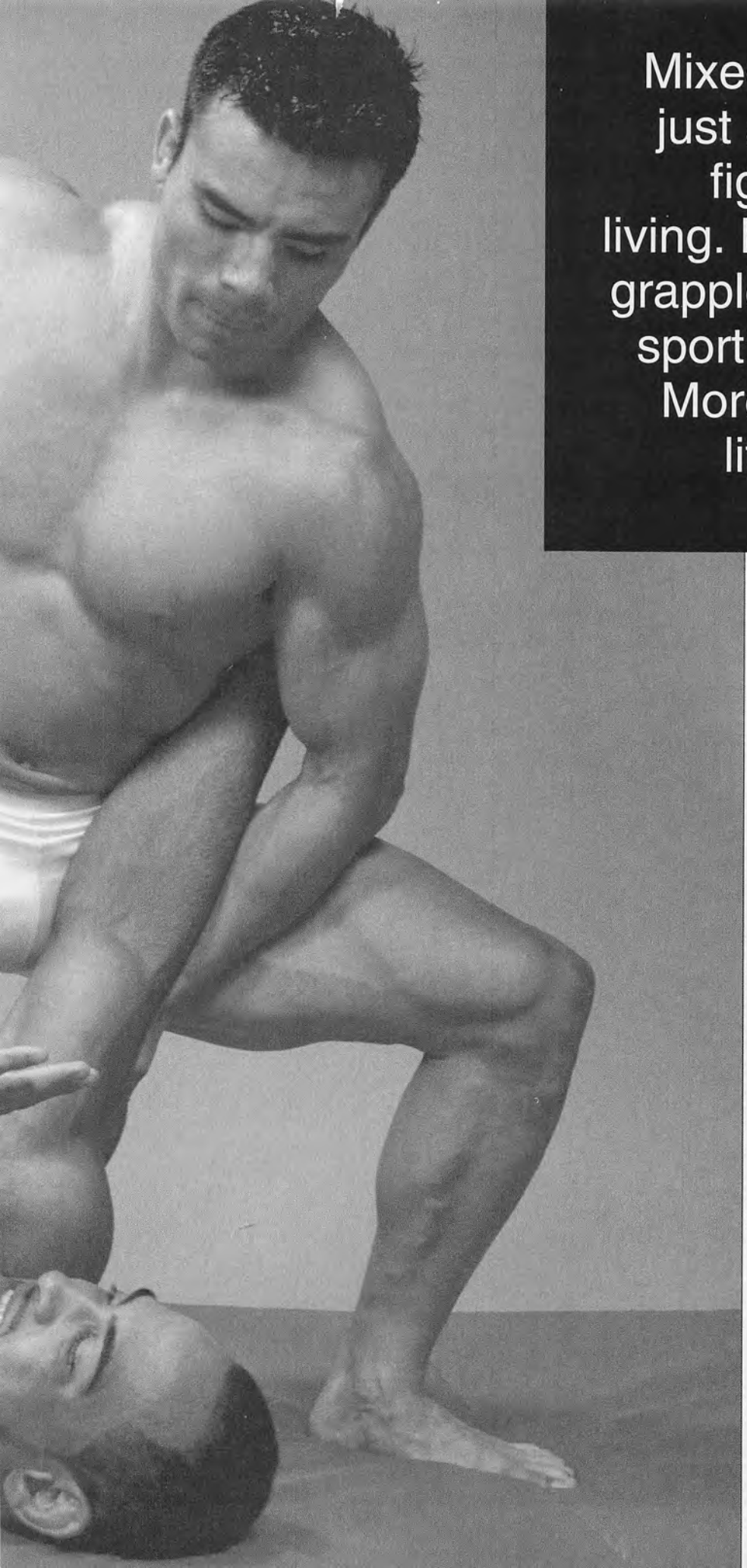
My Top Ten Tips for Winning Fights

By Charlie Kohler with Loren Franck





Mixed martial arts is just a way for some fighters to earn a living. But for die-hard grapplers like me, the sport is in our blood. More than a way of life, it's life itself.

In 1979, when I was 5 and living in Hong Kong, my parents enrolled me in taekwondo. I needed more physical activity, and like most kids that age, I lacked discipline. Little did my parents know that the martial arts - especially grappling - would become the focus of my adult life.

When my family and I moved back to the United States in 1984, I was 10 and had earned my black belt in taekwondo. However, I quickly discovered that many American martial arts schools were inferior to those in Hong Kong - you could hit each other there. And though I trained in various fighting arts throughout high school and college, I grew disenchanted with them, so I played baseball and football instead.

I had watched videos of the Gracies' early fights, so I had heard about them before they became famous. But I didn't realize how good the Gracies were. Soon after graduating high school, I met Nelson Monteiro, who taught under the Gracies. While visiting him, I tried Brazilian jiu-jitsu and grappling and was amazed at what he taught.

My career has flourished since then. Proud of my 8-1-1 record, I've discov-

ered ten terrific tools to winning fights. They're deep dimensions of grappling that extend far beyond strikes, submission holds and other hands-on techniques. Why am I sharing them? Because I want you to succeed in the sport like I have.

1. Get Serious

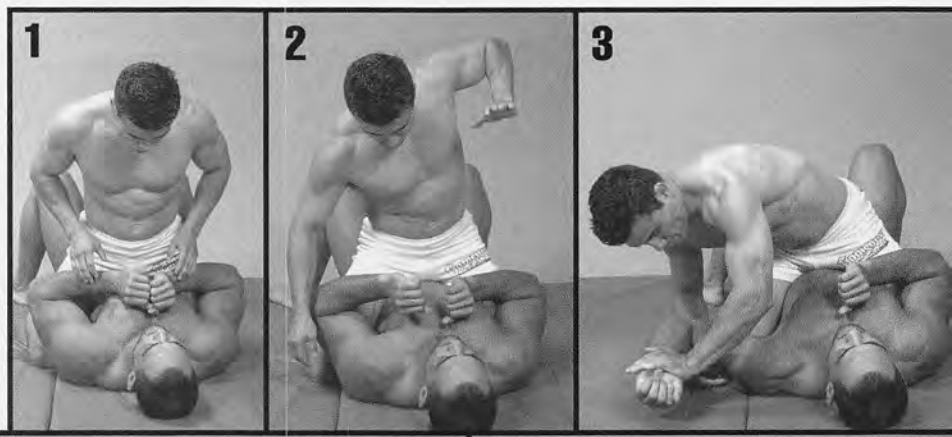
I'm extremely serious in everything I do, especially when training and battling it out in the ring. You have to be. Taking the sport seriously is the first step in winning fights. I learned this important lesson early in my grappling career. As a football player at Grossmont College in San Diego, I repeatedly suffered small injuries. They often sidelined me but didn't prevent me from fighting. "If I'm going to grapple," I reflected, "I'll do it right and go all the way." Fights came up and I decided to compete. "Train hard," I told myself. "Get serious and be the best."

2. Toughen Up

Grappling is tougher than any other sport. To win fights and become a champion, you must be tough too. Admittedly, most of today's submission fighters are tough, some more so than others. Joe Hurley was my toughest opponent. Awarded a split decision in our bout, he kept coming at me and refused to lose. Joe taught me two important lessons. First, I learned to prepare for the toughest possible opponents and to never underestimate anyone. Second, I realized that a fight environment can be a formidable adversary. It was raining when Joe and I battled, and the slippery mat completely took me out of my game. The more aggressive I was, the more my hands slid while trying to take him down. I had no footing, either, so I couldn't apply pressure effectively and pass his guard. In fact, the rain prevented me from using many of my fighting techniques. It affected Joe too, but it hurt me more. The environment gave him an advantage, which cost me the fight.

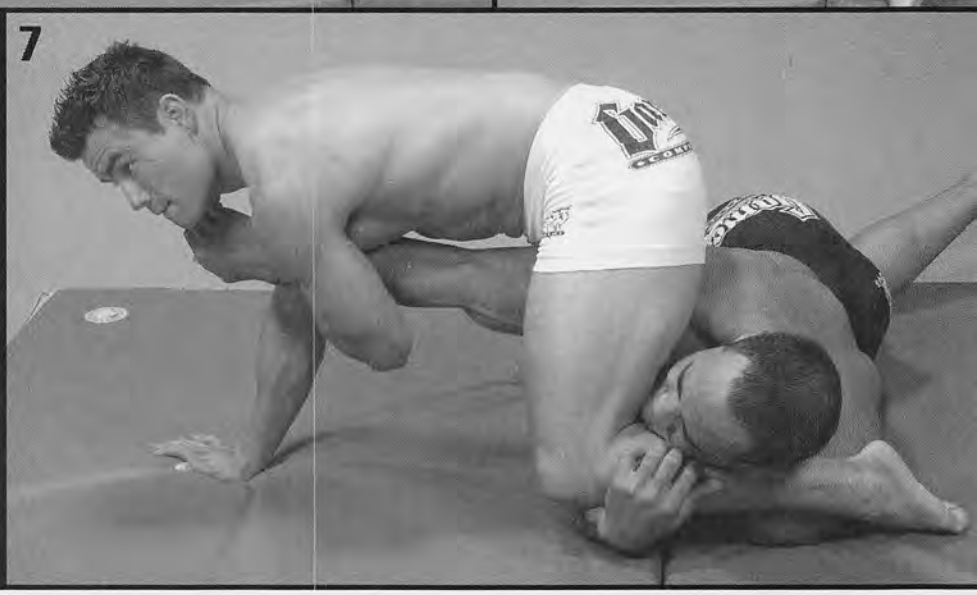
3. Turn On And Tune Up

Like many grapplers, I have an extensive martial arts background. Before getting hooked on mixed martial arts, I trained in muay Thai, Western boxing, kali, escrima and, of course, taekwondo. But grappling turned me on because it's



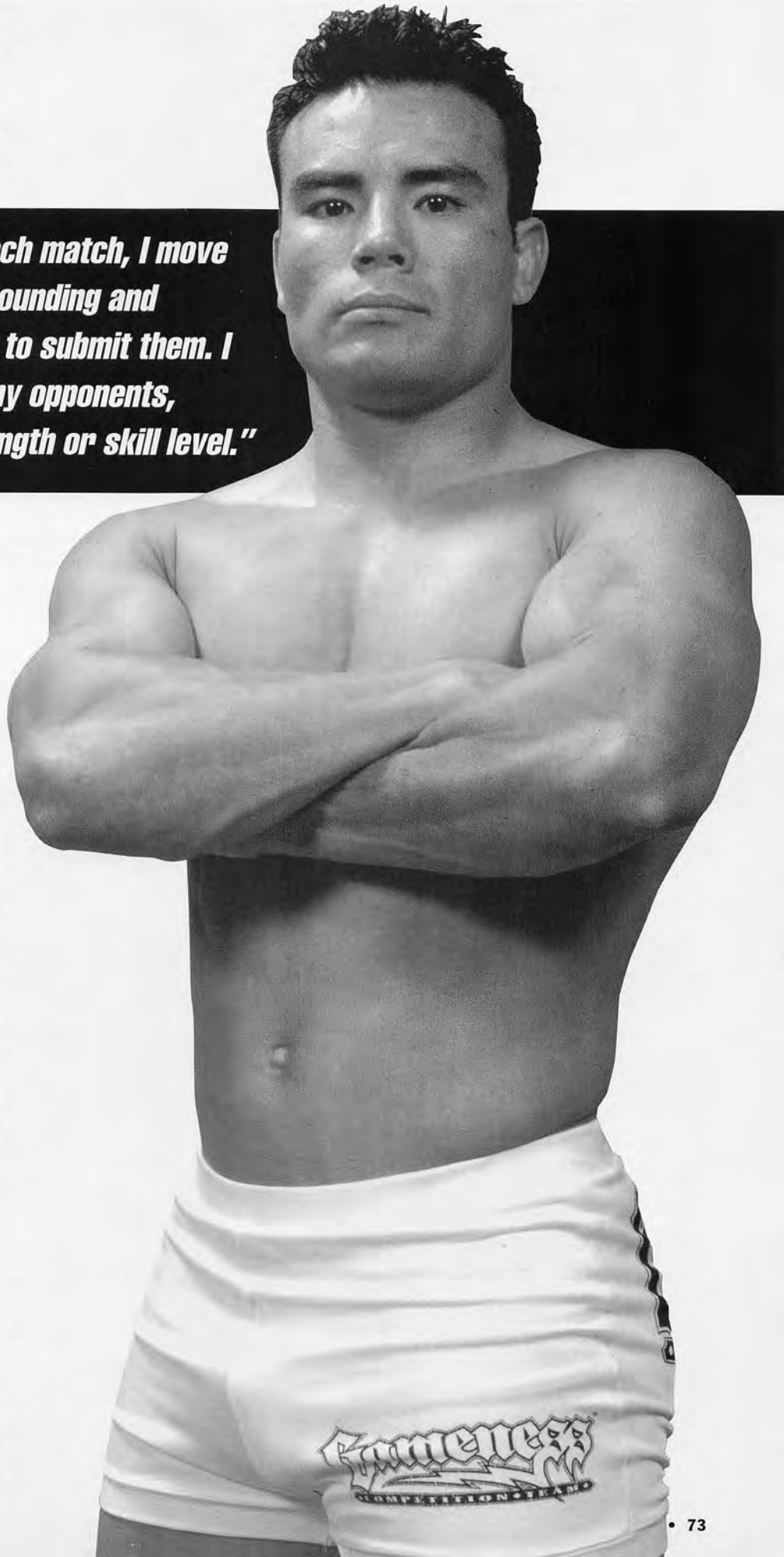
Ground-and-Pound Arm Bar

Mounted on his opponent (1), Charlie Kohler uses strikes to break down his foes defense (2). When he opponent reaches up to block, Kohler pins his arm and goes for the shoulder lock (3). When his opponent counters by pushing with his right arm (4), Kohler swings his leg over the head (5), traps the arm (6), and then applies a finishing arm lock (7).



so devastating. You feel hopeless when locked in its submission holds. When Nelson started training me, he put me in arm locks, chokes and other holds. At his mercy, I felt I was drowning, but he'd laugh and have fun as I strained to escape. Nelson's knowledge of grappling - especially Brazilian jiu-jitsu - blew me away. It really turned me on to the sport. And that's crucial if you hope to win consistently.

"From the beginning of each match, I move toward my opponents, grounding and pounding them. Then I try to submit them. I always take the fight to my opponents, whatever their size, strength or skill level."

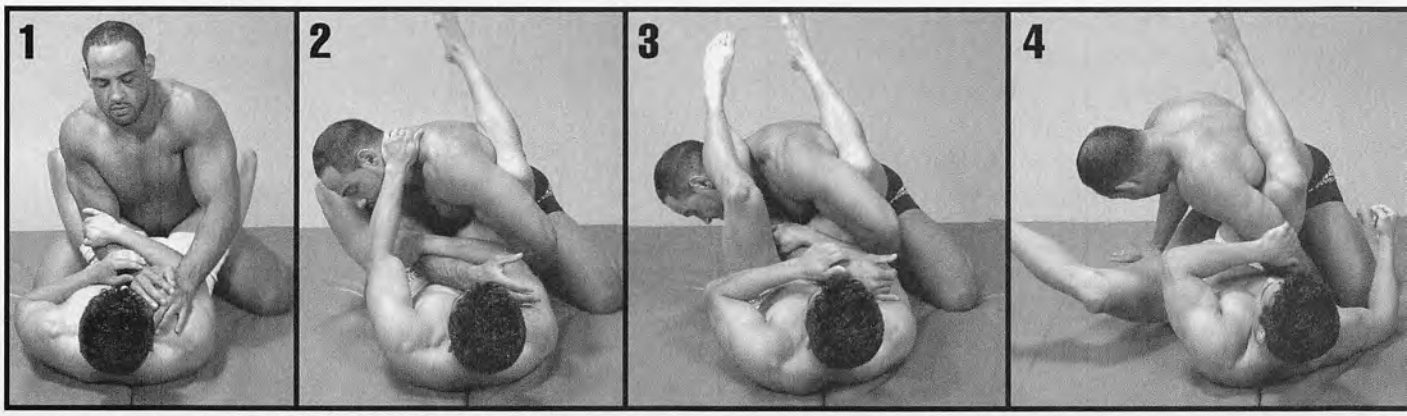


4. Become A Predator, Not Prey

Most grapplers offer to fight anyone, anytime, anywhere. And that's good. If you can't display such aggressiveness, perhaps you shouldn't be in the sport. But if you want to win fights, trade the tough talk for aggressive behavior. *Aggressive* is the word that best describes me as a fighter. From the beginning of each match, I move toward my opponents, grounding and pounding them. Then I try to submit them. I always take the fight to my opponents, whatever their size, strength or skill level. My powerful martial arts abilities, especially the devastating Brazilian jiu-jitsu techniques I've learned, help me dominate. Aggressiveness helps you control your fights and persevere until your hand is raised in victory.

5. Switch Strategies

Strategy is vital to every combat sport. Most successful fighters chart their own paths to victory. Some grapplers depend on striking power, while others rely on speed, endurance or timing. I've incorporated all of these into my fighting arsenal, but Brazilian jiu-jitsu techniques usually work best for me. Adaptability is often



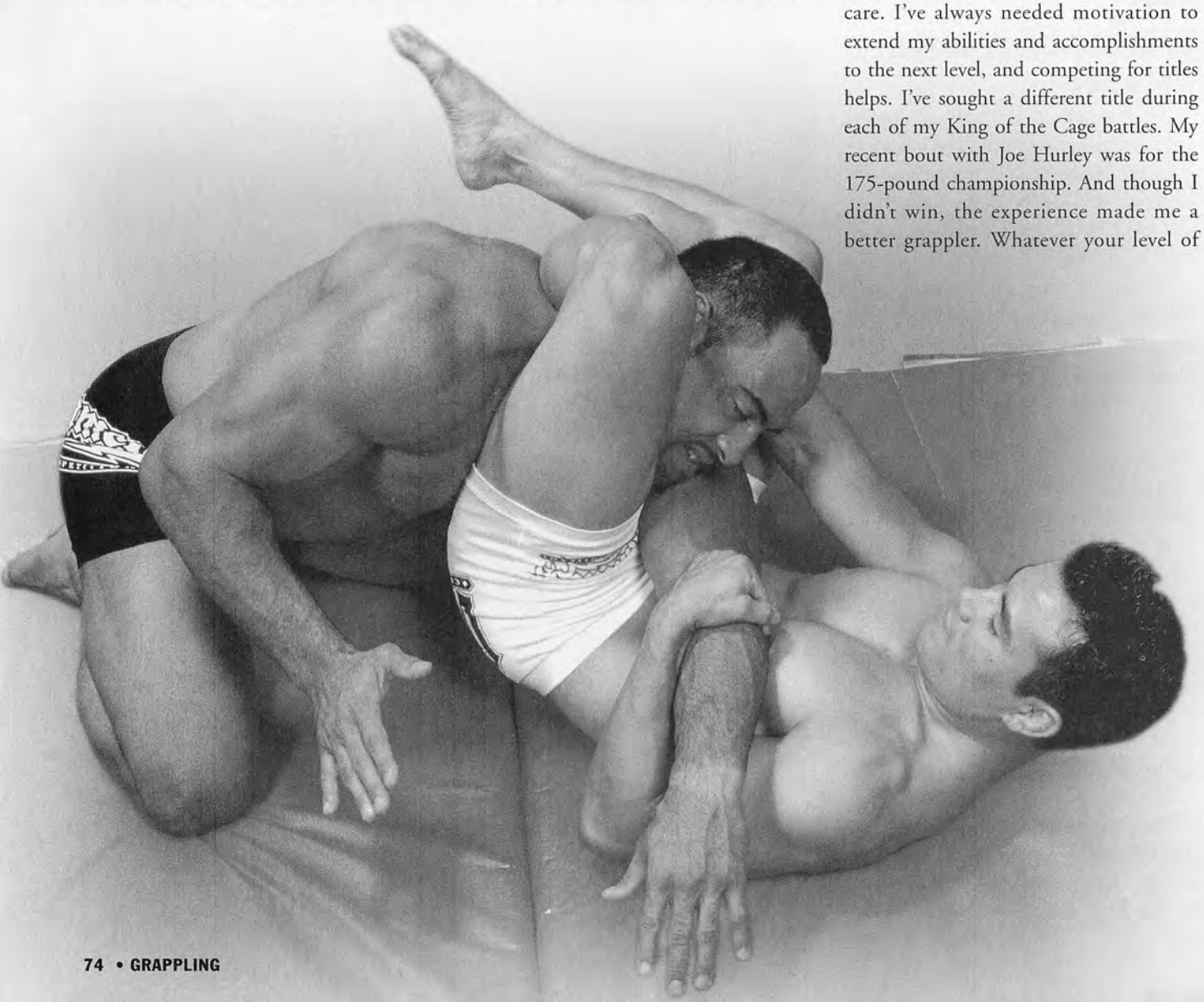
more important than prearranged techniques. That's why I don't limit myself to one fighting strategy. Instead, to gain the best advantage in the ring, my strategy changes with every opponent.

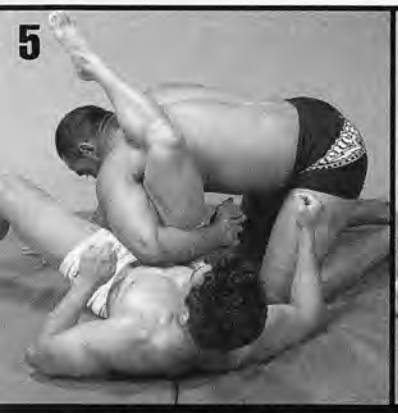
Although I mix it up with some opponents, I take others straight to the ground. Because of my extensive grappling experience, opponents rarely surprise me once we're on the ground. Sure, they try, but they rarely succeed.

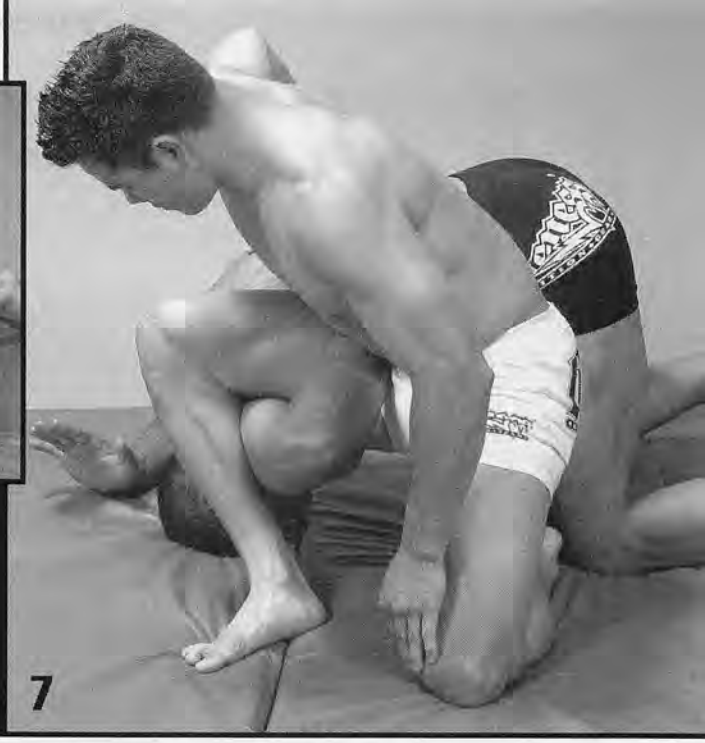
Boxing skills are overrated in mixed martial arts. Grapplers wear small gloves, or no gloves at all, so even a mediocre punch could knock you out. If opponents use strikes to defeat me, they'll have to hit me while I'm standing. By quickly going to the ground, however, I prevent them from doing that. And they probably won't submit me or knock me out while I'm on top. So my game plan is predominantly jiu-jitsu. But if my opponents want to stand and box, I'll do it. I'm probably a better striker than most guys I fight.

6. Go For The Gold

You'll achieve much more in grappling if you vie for titles. That's what I've done. In my first title fight, my opponent outweighed me by 20 pounds. But I didn't care. I've always needed motivation to extend my abilities and accomplishments to the next level, and competing for titles helps. I've sought a different title during each of my King of the Cage battles. My recent bout with Joe Hurley was for the 175-pound championship. And though I didn't win, the experience made me a better grappler. Whatever your level of







Rollover Reverse Elbow Lock

Charlie Kohler, trapped beneath his opponent (1), slides his hips out (2), and attempts an opposite side arm-bar (3). When his opponent counters by pressuring his weight forward (4), Kohler hooks his leg over the near arm (5), rolls over and traps the arm (6), and then comes to a knee and applies pressure for the finishing lock (7).

expertise in mixed martial arts, don't remain there. Constantly strive for titles, better fighting skills, and higher-level experience in the ring. Push your grappling career forward and never dwell on the past. Don't look back unless you want to go there.

7. Go Global

The broader your perspective of mixed martial arts, the more likely you are to win fights and become a champion. I was one of the first modern grapplers to train in Abu Dhabi in the United Arab Emirates. What an experience! Thanks to Prince Tahnoon, it was the turning point in my career. He supports me and other fighters in every way. My Abu Dhabi experiences transformed me from a local grappler to an athlete with a global perspective. I lived in Abu Dhabi for three months my first time there, training hard and polishing my fighting techniques. Predictably, I've returned several times over the years. If not for Prince Tahnoon, I probably would have quit the sport long ago.

It's expensive to train in mixed martial arts, especially at the top level. Fighters easily spend thousands of dollars on airfare, food, hotels and other related expenses. Prince Tahnoon has picked up the tab for me several times. One of the sport's greatest ambassadors, he's flown me and other grapplers all over the world to train and compete. Other athletes I've known have traveled to Brazil to train, or even to Japan. The experience has helped them all. So don't limit yourself to local, state or national events. Set your sights higher. Expand your horizons and you'll win fights.

8. Learn By Teaching

Many tools can help you win fights. Hard work is one. Having a superb trainer like Nelson Monteiro is another. Teaching is a third. Teaching mixed martial arts helps students learn, but more important, it also makes *you* a better fighter. That's one reason I opened my own school in El Cajon, California, several miles east of San Diego, where I teach hard-core grappling. About half my students work for the San Diego Police Department, California Highway Patrol, U.S. Border Patrol or other law enforcement agencies. The rest want to learn submission fighting.

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Yoga for Grapplers

Unfortunately, your grappling training can plummet from exciting to boring in a heartbeat, so don't be afraid to spice it up. My Abu Dhabi experiences put an unusual twist on my fighting career, and my movie and TV work continue to do so. While conditioning my body, however, I tried something unconventional. To get in top shape, fighters usually run, cycle, and lift weights. But what if I said yoga is vital to my physical conditioning? Would you believe me? Well, it's true

I took up yoga by accident. After a run during a rainy Southern California morning, I ducked into an exercise room at a gym where I had planned to train. I didn't know that a senior citizen's yoga class was about to start in that room. Well, because everyone was so friendly and nice, I participated in the class anyway, not wanting them to think I didn't want to hang out with them. Well, I had fun, made friends, and decided to go again. As the weeks passed, wanting to stay in touch, I just kept attending.

The surprising result? My joints and tendons improved immensely and I felt better. Yoga is physical therapy for me. Holding the positions strengthens my muscles while improving their flexibility. My newfound yoga training works parts of my muscles unaffected by weight training and other standard exercises. So try new approaches to training, even if they're unusual, and even if you don't initially believe they'll work. Much of your success in grappling depends on your willingness to reach out, experiment, and go beyond the norm into the unknown.

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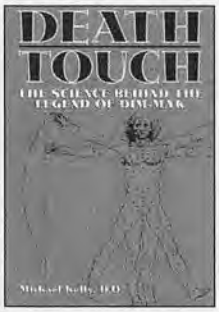

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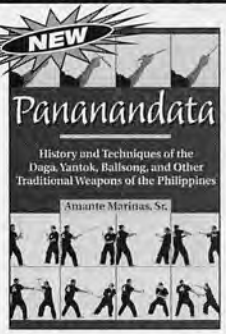
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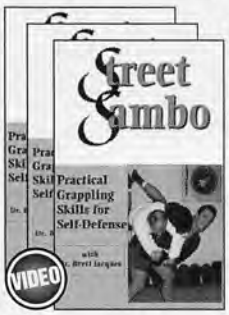

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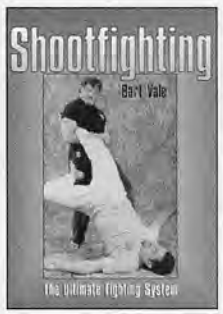

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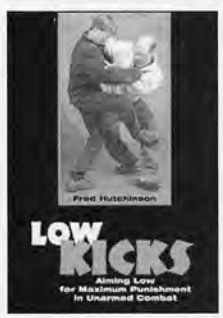

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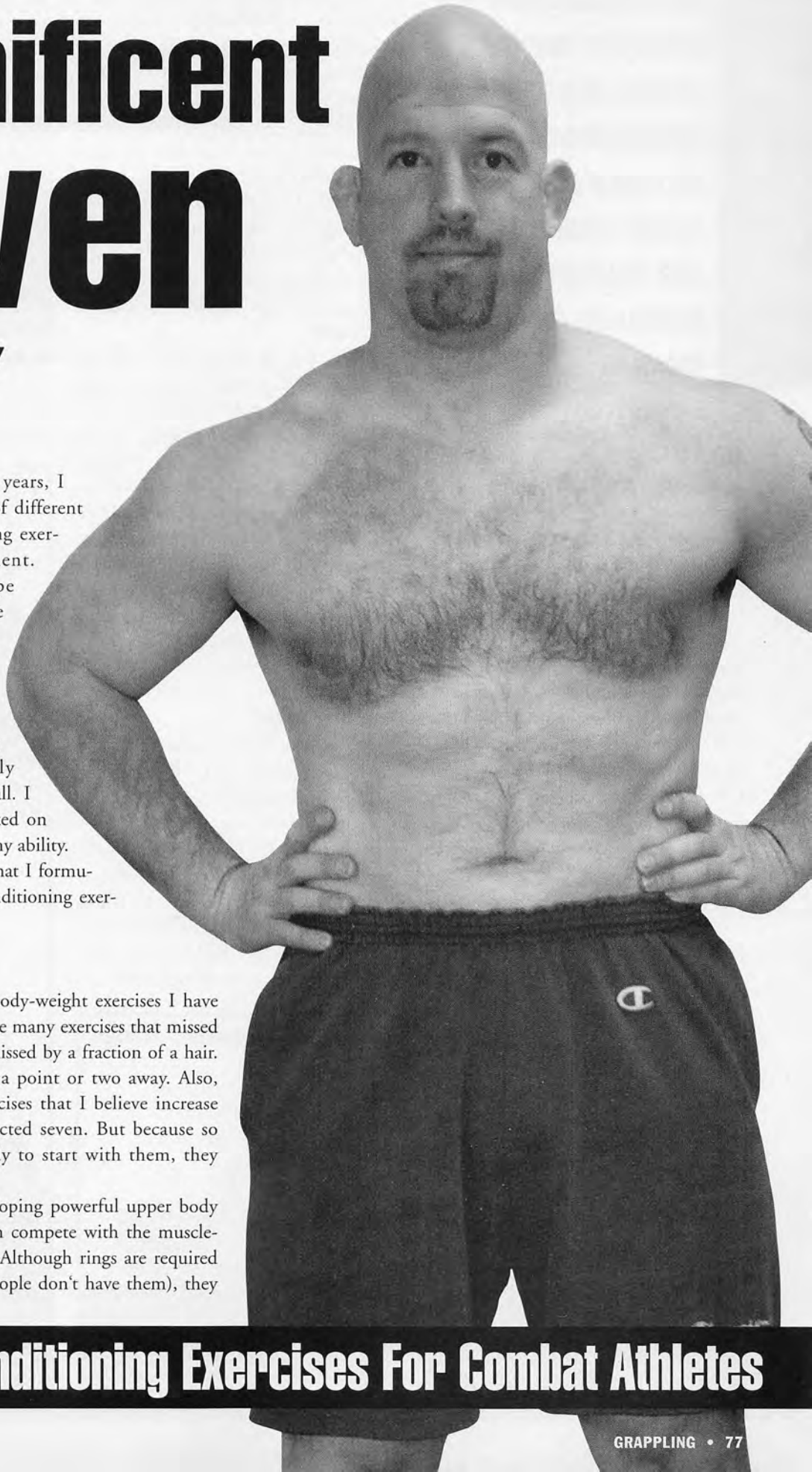
The Magnificent Seven

By Matt Furey
Photos by Zhannie Furey



Over the course of many years, I have learned hundreds of different body-weight conditioning exercises. Most require no equipment. Some, like pull-ups and rope climbing, do. These exercises are great for martial artists because they simultaneously increase strength, speed, endurance and flexibility while improving mental focus. When I began learning these exercises, I didn't simply observe and make notes. Not at all. I got into the thick of it and worked on doing each exercise to the best of my ability. And it was through this method that I formulated my list of the seven best conditioning exercises for combat sports.

Close Misses

As you read about the seven body-weight exercises I have selected, bear in mind that there are many exercises that missed the list by slight margins. Three missed by a fraction of a hair. At least a dozen more were only a point or two away. Also, there are many body-weight exercises that I believe increase strength even more than the selected seven. But because so many martial artists are not ready to start with them, they didn't make the list.

For example, in terms of developing powerful upper body strength, there isn't much that can compete with the muscle-ups and iron cross of gymnastics. Although rings are required to do these exercises (and most people don't have them), they

The 7 Best Conditioning Exercises For Combat Athletes

These exercises are great for martial artists because they simultaneously increase strength, speed, endurance and flexibility while improving mental focus.

are still incredible body-weight exercises. Make no mistake about it, when you're on the rings, it is YOU fighting against your own weight.

How many athletes can learn to do an iron cross muscle-up in one session? Or in a week? Or a month? It's not easy. And I, for one, began to seriously re-injure and aggravate a hibernating shoulder while trying. If the exercise injured me, and I train constantly, you can bet that it would cause others many problems as well. This not to say you shouldn't try or do it. Not at all. Just make sure you take into account any previous orthopedic injuries before beginning and pay close attention to the signals your body receives while trying.

Another example of an exercise that almost made the list is the gymnastic bridge, which I teach along with 50 other exercises in my book, *Combat Abs*. The gymnastic bridge is a fantastic total-body exercise that is even harder to master than the wrestler's bridge - and may have more benefits. Why isn't it on my list then? Because most people can't do it on day one. Most people have enough trouble doing reverse push-ups - and the gymnastic bridge goes a few steps beyond that. First of all, you fall into it from a standing start. Then you land on your palms with locked arms. Most people have a pronounced fear of falling - and falling backwards toward your head is even scarier.

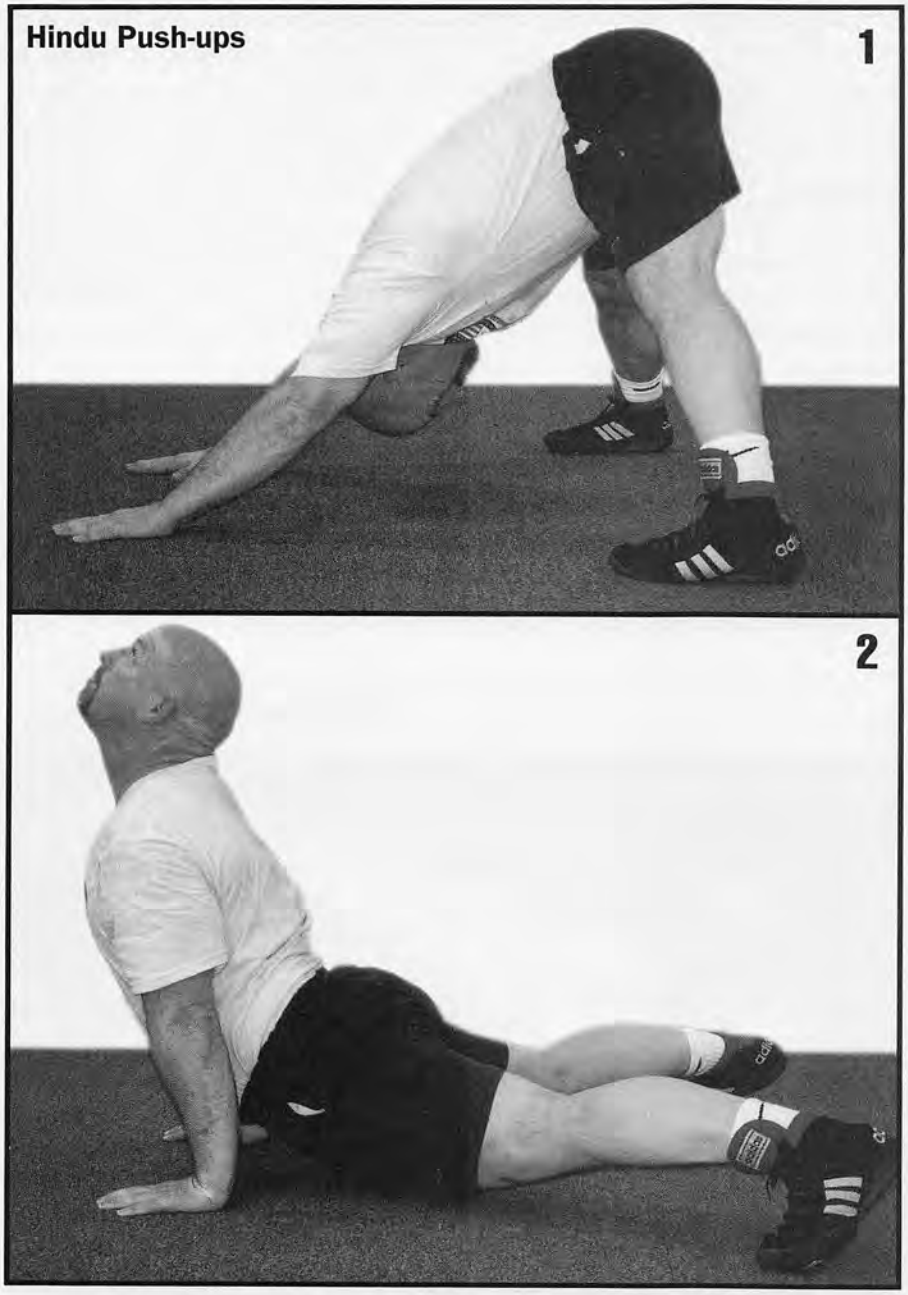
Then there is an ingenious exercise that I invented a couple years ago called the *Furey One-Arm Hindu Push-up*. I created it because I had an injury to my right shoulder, and the pain was so severe I couldn't do a regular push-up without making things worse. So I began doing one-arm push-ups with my left arm. Then I wondered what I could do for variety - and that's when heaven cracked open her gates and the knowledge came to me like a bolt lighting. It was "voila" and "eureka" all at once.

Formulating the List

Making this list was not easy, and for the following reasons: a) I had to learn each exercise by actually doing it; b) I had to consider the injury potential of each exercise; c) I had to figure out which exercises were beyond the ability level of most athletes: d) I had to figure out which exercises were within the ability level of most athletes; e) I had to determine which exercises gave multiple benefits as I was especially interested in those that gave simultaneous improvement in strength, endurance and flexibility; f) I had to decide, based upon the above reasons, and based upon my own experience and the experiences of those who have learned from me, which exercises helped the athletes improve the most.

The 7 Best Bodyweight Exercises for Combat Athletes

1) WRESTLERS' BRIDGE: This is a tough one for many people who are uncoordinated and inflexible, but the benefits are enormous. I receive testimonial letters every day from someone who has greatly benefited from it. Even those who can't do the bridge the way it is explained in my book, *Combat Conditioning*, still benefit from doing the best they can. When you practice the wrestler's bridge, you will improve your posture,



eliminate lower back and neck pain, improve digestion, and greatly increase your current level of stamina. That's saying a lot, especially when these benefits begin taking place before you've reached perfection. The mere act of giving the wrestlers' bridge your best effort works wonders.

Instructions: Lie on your back and arch until your forehead and nose touch the mat. Breathe deeply and hold for time. Use your hands for support as you learn if required.

2) HINDU SQUATS: When people do Hindu squats, their legs get bigger and stronger and lung capacity increases because of the deep breathing involved. The athlete will become more explosive. He'll have more energy while running and more spring in his step when simply walking around. Additionally, despite the criticism of this exercise by those who think it is bad for the knees, Hindu squats actually rehabilitate and strengthen the tendons of your knees and ankles. Many who have had nagging pain or previous injuries to these areas greatly improve and become pain free. This does NOT mean that Hindu squats are for everyone. There are always exceptions. But most people can and should do this. Those who knock this exercise would be surprised to find out how wrong their assessment of them is.

3 Exercises That Almost Made The List

These exercises may be perfect for you right now, but because they are too hard for many fighters just starting body-weight conditioning, it is better to start with a more basic routine - which believe me, is as hard as hell anyway.

1) HANDSTAND PUSHUPS:
In this exercise, kick into a hand-stand with your feet braced against a wall. Now lower yourself until your head touches the floor, then press back to the starting position.

2) THE FUREY ONE-ARM HINDU PUSH-UP:
Put one hand on the ground and the other behind your back. Now with both legs wider than your shoulder-width, lower yourself in a cir-

cular manner, then press up and arch your back while looking to the ceiling. Then simply push back to the original position.

3) GYMNASTIC BRIDGE:
This exercise begins from a standing position. Place your hand over your head and lean backwards until your palms touch the floor. Keep your arms locked. Now bridge upward and forward, removing tension from your back and shoulders.

I made to go, *The European Strand Pulling Challenge*. In many cases, after 2-4 weeks of training with the power chest expander, you'll probably be able to do Hindu push-ups without pain.

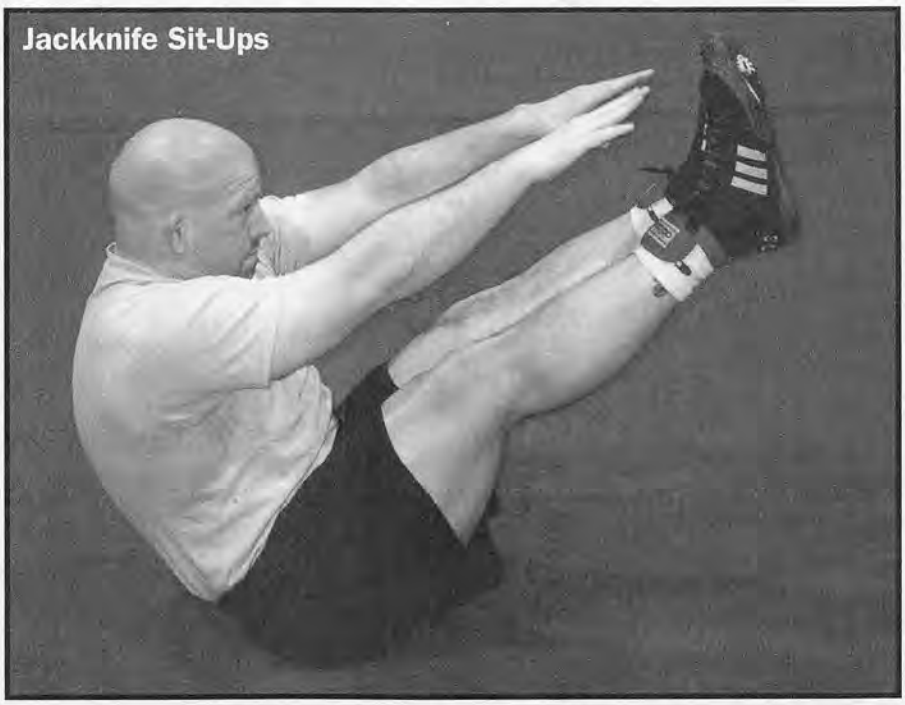
Instructions: Start with legs wider than your shoulders and your back straight. Push backward and look at your feet. Lower in a circular arc then curve your body and look to the ceiling. Finish by pushing back to the original position, but without bending your arms a second time.

4) ROPE CLIMB OR PULL-UPS: Climbing a rope improves strength throughout the entire body: It hits the hands, forearms, upper arms, back, shoulders, abs, legs and everything in-between. It isn't easy for those who can't do it, but persistence is well worth it. Once you can climb with hands and feet, switch to hands alone. Keeping in mind that most people don't have ropes, I recommend pull-ups as an alternative that is not as good, but important nonetheless. You can do pull-ups on a variety of apparatus and in many different ways. For most people, this means a straight bar. I like to use gymnastic rings because, with my hands separated, all weaknesses are revealed. When doing pull-ups, be sure to use your thumbs. God gave them to you for a reason. You wouldn't try to climb a rope without thumbs, so ignore the advice of other "experts" who say to do pull-ups with a thumbless grip.

Instructions: Grab the bar with an overhand or underhand grip. From a dead-hang position, pull upward until you chin is over the bar. Then lower yourself to the starting position and repeat until failure.

5) JACKKNIFE SIT-UPS: When you do a jackknife sit-up you are simultaneously working the entire abdominal region as well as strengthening the lower back and hip flexors. This exercise also helps improve digestion as the internal organs receive a well-needed massage from the muscle compression.

Instructions: Lie on your back with your arms stretched overhead. Simultaneously raise your upper and lower body off the floor. Touch your toes with your fingers when both your legs and arms are directly over your navel center. Lower and repeat.



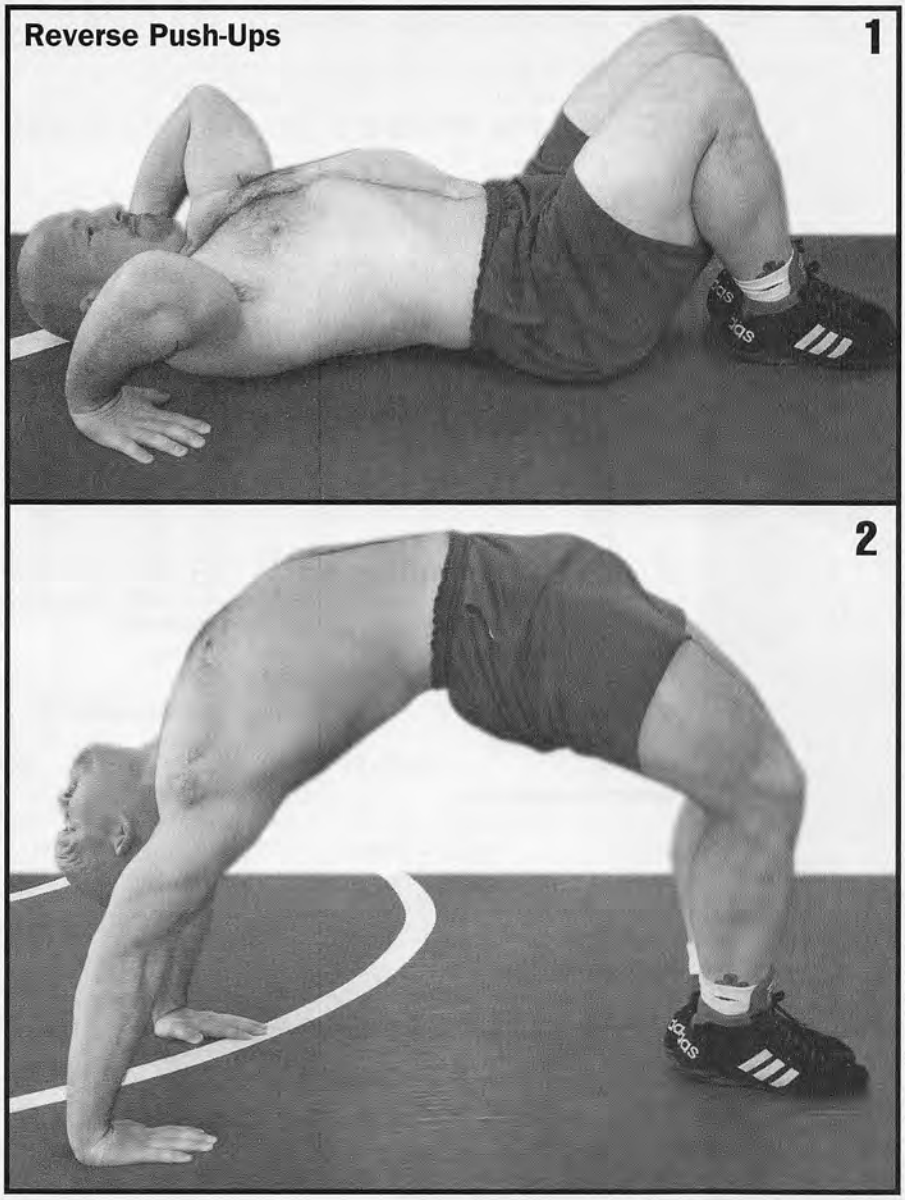
Instructions: When doing the Hindu squat, begin with your arms straight out and parallel to the floor. Pull them into your chest like you're rowing a boat. Then bring them behind your buttocks and lower yourself to the ground. Touch your finger tips to the floor while keeping your back straight. Exhale, then swing your arms up, returning to the original position.

3) HINDU PUSH-UPS: Because Hindu push-ups build the upper body while simultaneously increasing flexibility in the spine, hips and shoulders, they have more benefits than regular push-ups. If someone has a chronic shoulder injury, I recommend that you train with a rubber cable power chest expander and the video

Combat Conditioning Fitness Test

If you're not used to doing the seven exercises in this article, and are not convinced that they are the stuff of legend, then take the following test. See if you can finish it, without cheating and without stopping, in 12 minutes.

1-minute back bridge
100 Hindu squats
50 Hindu push-ups;
3 climbs up a 20-foot rope (or three sets of 10 pull-ups)
25 jack-knife sit-ups
10 Reverse Pushups
1/4 Mile Bear Crawl

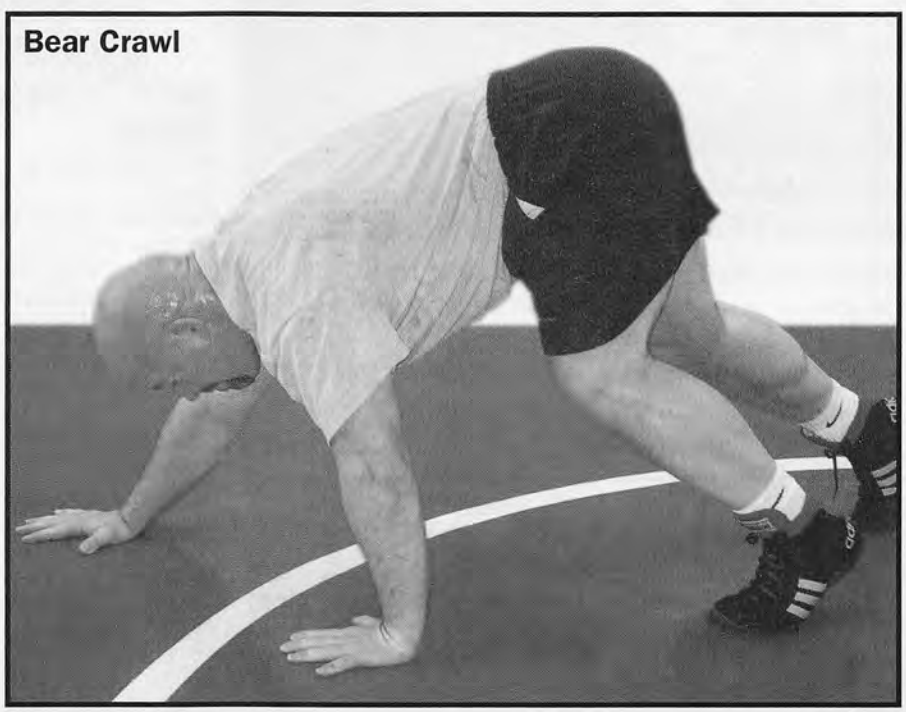


6) REVERSE PUSH-UPS: Once this exercise is mastered, you're able to do the gymnastic bridge with ease. The key is being able to lock your elbows while arching your chest forward. When doing this exercise, begin with your upper back flat on the ground, then press up. Reverse push-ups work the arms, shoulders, lower back, hips, buttocks and legs.

Instructions: The ending position on the reverse pushups, when performed properly, is the same as the gymnastic bridge. However, you don't have to fall into it. Just lie on your back with your palms resting on the floor. Now arch and press your body upward and forward.

7) BEAR CRAWL: Whenever you think that bear crawling is simply another cardiovascular exercise, then try it for one-tenth of the distance you would normally run. If you normally run 2.5 miles, this means a good beginning-level bear crawl workout would be 1/4 mile. It won't be easy, that's for sure. Bear crawling works your heart and lungs in a big way, but it also strengthens your arms, shoulders, chest, back and legs. Consider that a half-ton grizzly can run down a rabbit, and do so while making cuts that surpass those of any NFL receiver. A grizzly also has remarkable endurance, allowing him to run down the quick and nimble deer. Once you've given this exercise a whirl, you'll know why it's so great.

Instructions: From a tripod position, begin running forward, moving your hands and feet just like a grizzly bear running in the wild. Be sure to breathe deeply. You'll need all the oxygen you can get.



Get Cracking

Sometimes it takes a 2x4 over the head to help pry open the mind contained within the human skull. These exercises are that 2x4. Get cracking and good luck.

Matt Furey is a world shuai-chiao kung-fu champion, NCAA wrestling champion and the author of "Combat Conditioning" and "Combat Abs". *Each book is available for $29.95 plus $5 S&H. To order call 1.813.994.8267 or visit* www.mattfurey.com.

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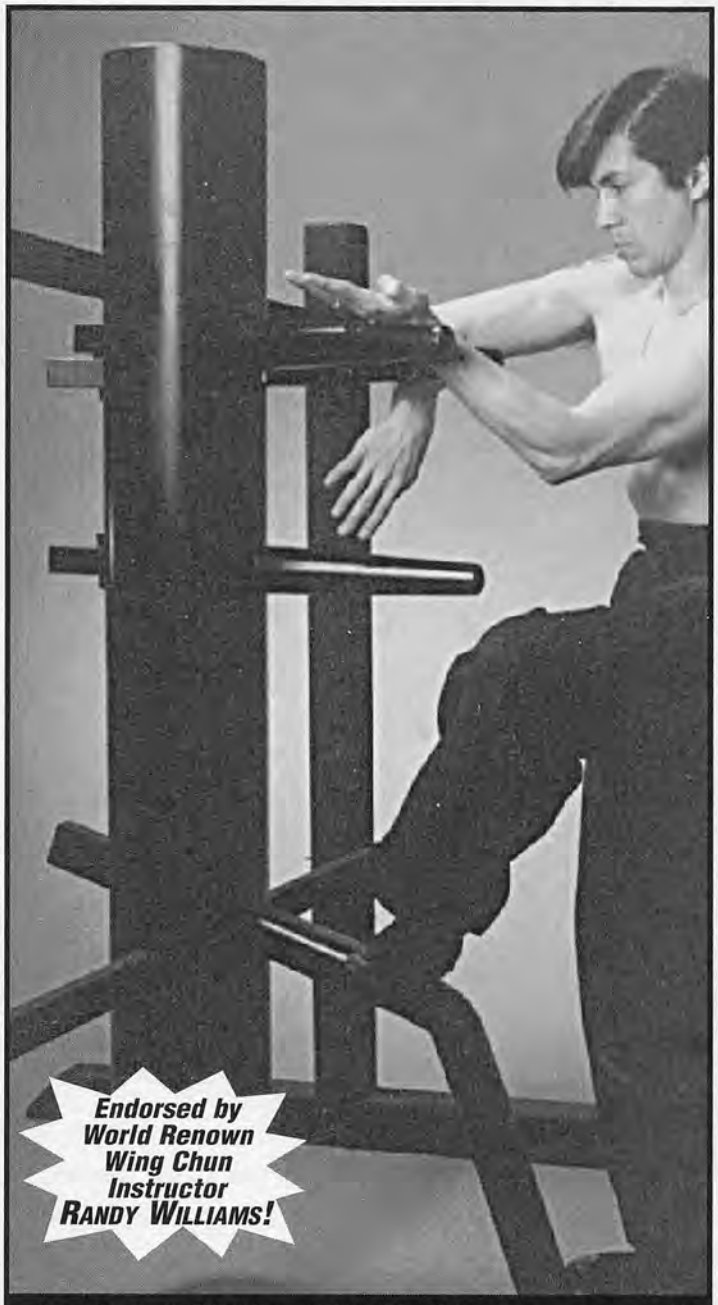

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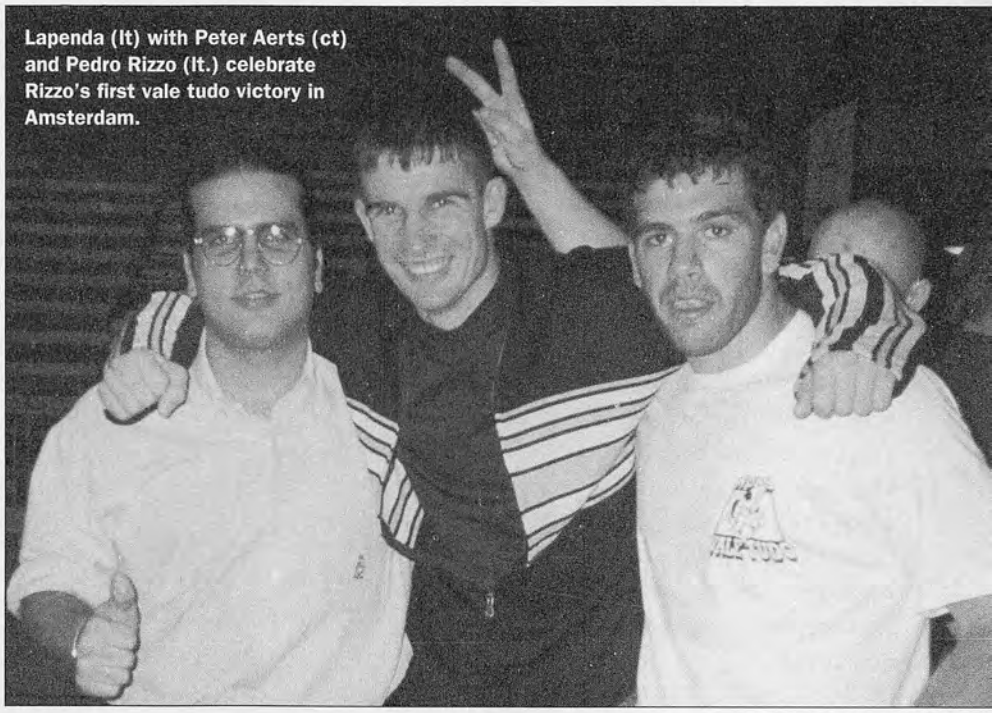
Frederico Lapenda

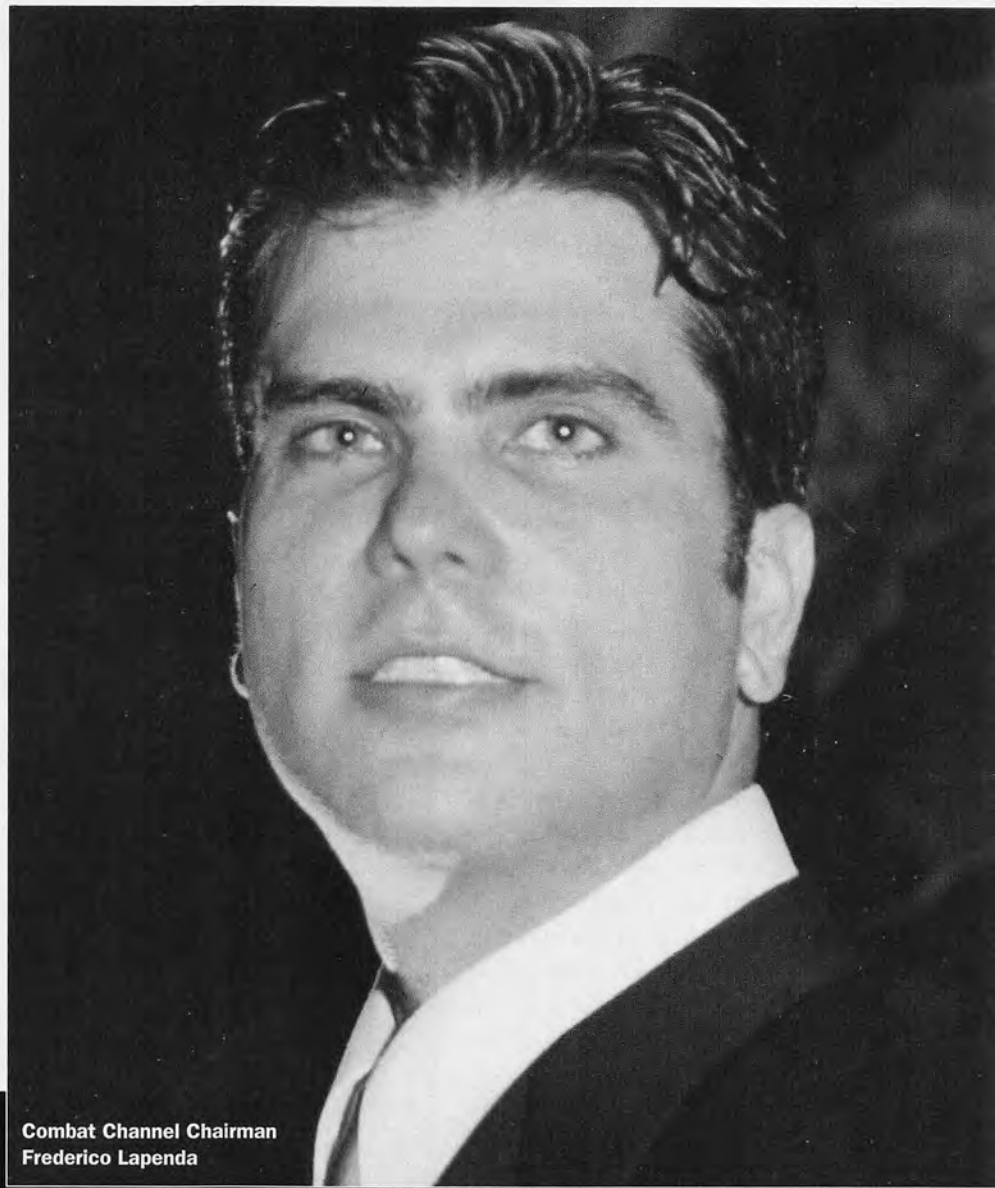
Part I

Leading The Charge

Frederico Lapenda (ctr) with Marco Ruas (lt.) and Oleg Taktarov in 1996 at WVC I in Tokyo, Japan.



Lapenda (lt) with Peter Aerts (ct) and Pedro Rizzo (lt.) celebrate Rizzo's first vale tudo victory in Amsterdam.



Combat Channel Chairman Frederico Lapenda

There is no more prolific mixed martial arts producer than Frederico Lapenda. The creator of the World Vale Tudo Council which includes World Vale Tudo Championships, Brazilian Vale Tudo Fighting, Absolute Fighting Championships, Cage Fighting, Mixed Fighting, and Battle of Styles, Lapenda has produced over 100 shows in 9 countries in a span of only 6 years. During this time, he made stars out of some of the biggest names in the sport

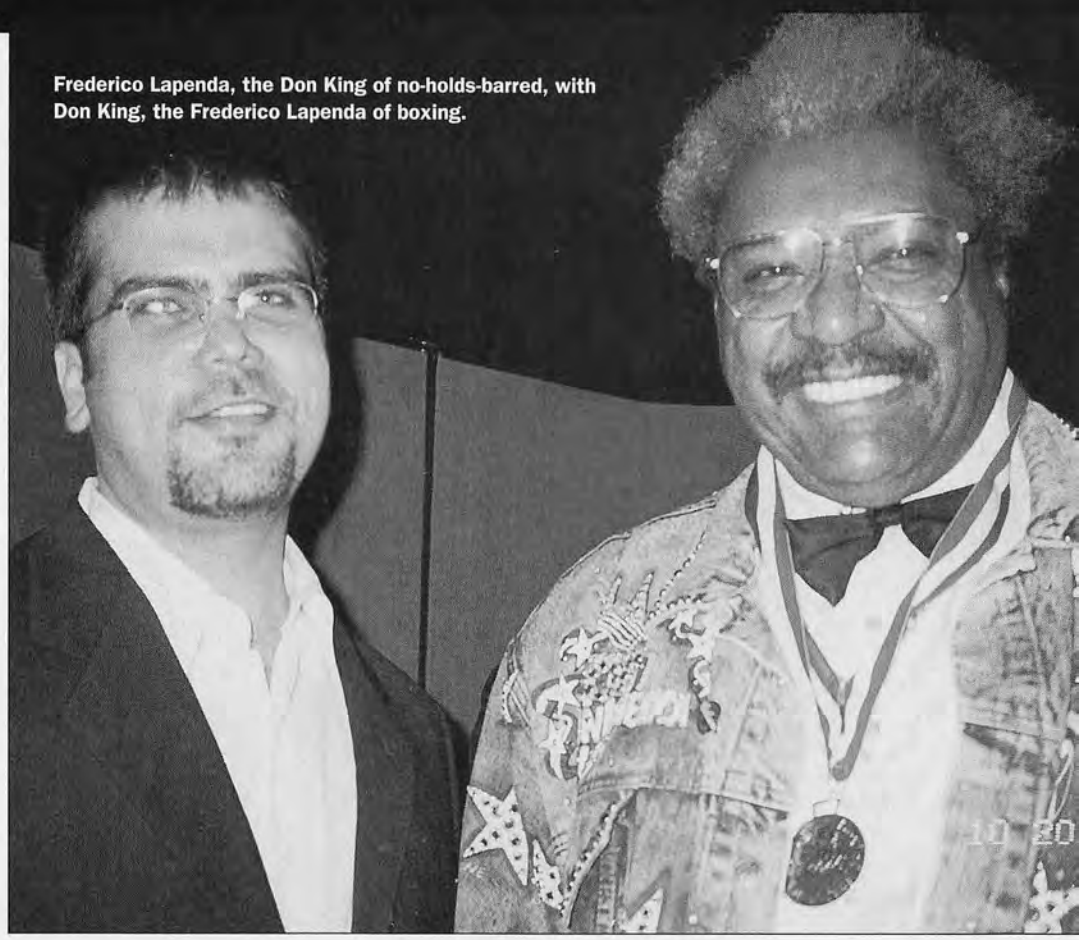
By Todd Hester

"You can question Lapenda or you can praise him - but you can't ignore him. Perhaps that is why Hustler magazine, in a December 2001 feature cover article, called Lapenda "The Don King of no-holds-barred."

including Igor Vovchanchin, Mark Kerr, Marco Ruas, Heath Herring, Pedro Rizzo,Jose "Pele"Landi, and many others. Barely 30 years old, Lapenda has been a driving force in an industry where promoters change more frequently than the weather, and shows come and go as regularly as a Tokyo subway car.

Not limiting himself strictly to promotion, Lapenda has also made his mark on the world of television where he has produced four documentaries for *Fox Files*, and produced three feature-length MMA films including *Rites of Passage*, Mark Kerr's *The Specimen*, and *The Quest* featuring Francisco Bueno. His cable television show, *Combat Mortale*, was the highest rated show on KWHY 22 in its time slot in the Los Angeles area, achieving double digit rates, and his long list of celebrity associates includes Steven Seagal, Don King and two-time Oscar Winner John Daly.

Surprisingly, Lapenda could have pursued any number of prestigious alternate careers, but instead chose to spearhead the worldwide mixed martial arts movement. From a family of lawyers, doctors, judges and politicians in the north of Brazil, Lapenda passed the Brazilian law school entrance exam after high school. Instead of falling into a preordained life of privilege, though, Lapenda chose to come to America, repeat his senior year of high school, and then pursue a dream that started with him delivering pizzas and ended with him shaking the hand of the president of Brazil. But Lapenda doesn't feel his story is over, but rather



Frederico Lapenda, the Don King of no-holds-barred, with Don King, the Frederico Lapenda of boxing.

(lt-rt) Rickson Gracie, Kim Gracie, Maria Lapenda, and Frederico Lapenda on 25th birthday.

just beginning.

If the phrase, "Only in America" applies to Don King because of his bootstrap accomplishments, it applies equally to Frederico Lapenda. Strong personalities engender strong emotions and Lapenda, like King, has his share of critics. You can question Lapenda or you can praise him - but you can't ignore him. Perhaps that is why *Hustler* magazine, in a December 2001 feature cover article, called Lapenda "The Don King of no-holds-barred." A long-time King admirer, Lapenda wears the title like badge of honor.

"In a battle," says Lapenda, "you can either be on the front lines where there is danger, or you can stay at the rear and play it safe. In the front lines you're exposed - people can see you - they can take shots at you. In the rear, it is safe, but you have no impact on the battle - you experience it only through second-hand reports. I don't know about others, but as for me, I'd rather be leading the charge."

Q: What is your family background?

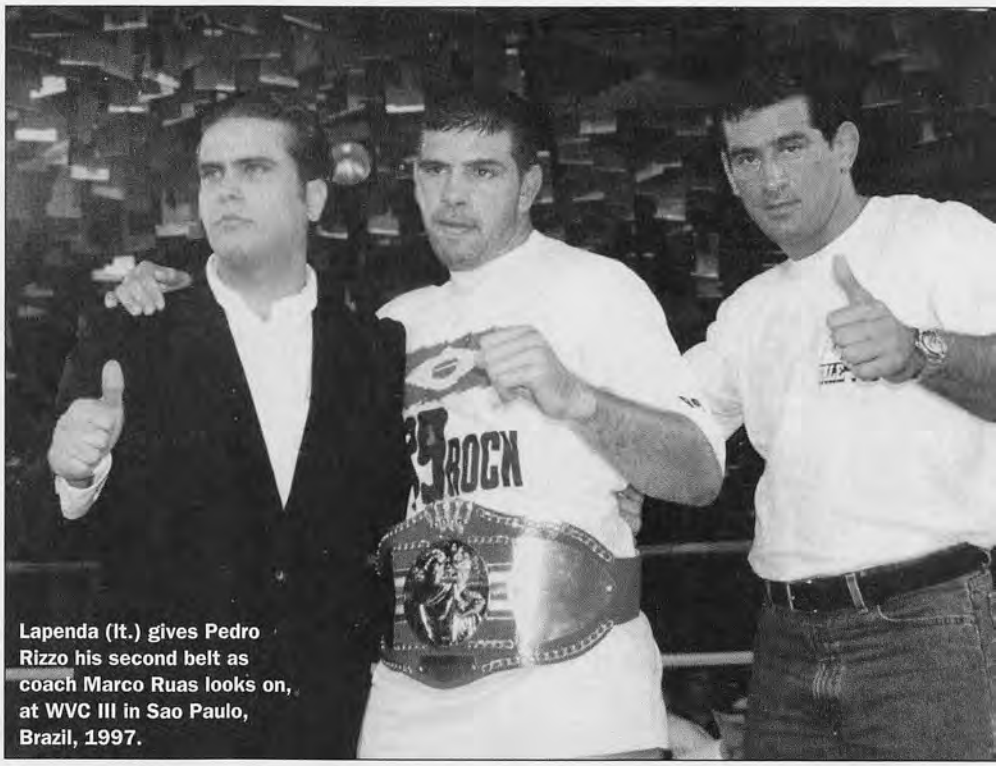
A: I am from the north of Brazil. The third largest city in the country - a very beautiful city called Recife. In South America they call it the Venice of Brazil. My father was a lieutenant in the Army but he was also a dentist for them, too. He also had a private practice. He stayed busy and also taught as a professor at the Federal University in Recife, in Pernambuco. My mother is from a different background. She is very artistic and is a painter and does very wonderful work. She was actually from Rio and met my father in Recife. Her father was in the import/export business and she met my father on a blind date. They married two years later and she basically became a housewife but always kept up with her painting. So I feel that I have a very practical and intellectual side that I got from my father and also an artistic side that comes from my mother.

Q: What was it like growing up in Recife. Parts of Brazil have a lot of poverty, right?

A: There are some very poor parts in any Third World country - and Brazil is

Continued on page 100

Ultimate Warrior event in Kiev, Ukraine, in 1996. Can you spot Bas Rutten, Paul Varelans, John Lober, John Dixon, and Frederico Lapenda?



Lapenda (lt.) gives Pedro Rizzo his second belt as coach Marco Ruas looks on, at WVC III in Sao Paulo, Brazil, 1997.

A young Vitor Belfort (lt.) with Carlson Gracie Sr. and Frederico Lapenda, at the Lapenda-Gracie Academy in Westwood, California, 1995.

T.R. Goodman spots Damian Rhodes of the Atlanta Thrashers.

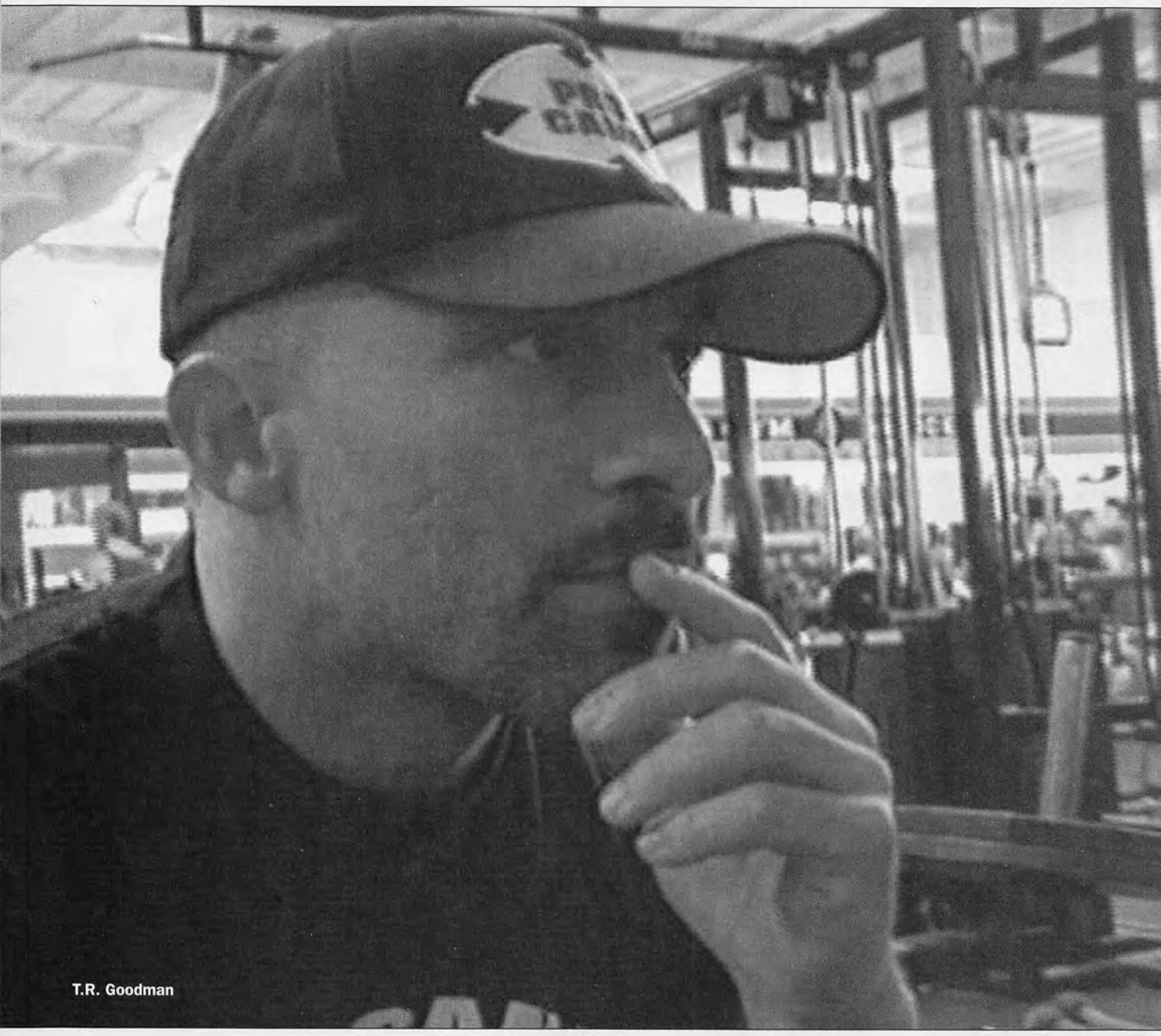
Wallid Ismail, Mark Kerr, and Bruce Buffer are just a few of the athletes, actors, and celebrities who swear by T.R. Goodman's intense regimen of hybrid training and conditioning.

The Ultimate Training Camp

Story & Photos by Tami Goldsmith

It's 6:45 a.m. on Monday morning and NHL star Chris Chelios, actor D.B. Sweeney, architect Frank Gehry and artist Peter Alexander arrive at T.R. Goodman's office. Later in the morning 20 more professional hockey players will arrive. Around lunch, Keanu Reeves stops by to say hello. In the early afternoon, James Caan will finish his session and walk with Goodman to Koo Koo Roo to grab some lunch. A few hours later MMA star Mark Kerr arrives around the same time as ring super-announcer Bruce Buffer. Somewhere in-between, Wallid Ismail joins in as well.

Is T.R. Goodman a Hollywood director, entertainment lawyer,



T.R. Goodman

or super-agent? Nope, he's the founder and brains behind Pro Camp, a revolutionary strength and conditioning training program geared towards professional athletes based out of the Venice Beach Gold's Gym in Southern California.

Pro Camp was initially formed in the early 1990s as a training program for professional athletes. T.R. Goodman's first client was Gabrielle Reece, the statuesque volleyball player and model. Word of mouth and promises of better athletic performance enticed players from the National Hockey League to enlist Goodman's services. His clientele now includes some of the best athletes in the world representing hockey, football, basketball, baseball, volleyball, and surfing.

"Goodman's affordable program, which takes between 60 and 90 minutes daily, is an elite and effective way to train for mixed martial arts competitions."

Most recently, Goodman started a program for mixed martial arts competitors Mark Kerr and Wallid Ismail. Ring announcer Bruce Buffer trains with Goodman and recommended the workout regimen to Kerr, citing the positive results that Pro Camp offers. Goodman's affordable program, which takes between 60 and 90 minutes daily, is an elite and effective way to train for mixed martial arts competitions.

The effects of T.R. Goodman and Pro Camp's training can ultimately have a positive influence in the world of mixed martial arts by prolonging the careers of the athletes as well as increasing their fit-

ness, flexibility, agility, and strength. Pro Camp is not only for professional athletes, but for any professional who takes their training seriously.

Q: When did you start Pro Camp?

A: In 1993. Volleyball star Gabrielle Reece was one of my first clients along with Alan May, who has since retired from hockey, and Chris Chelios, who is still playing in the NHL. I just asked them to give me an opportunity to show them what I could do for them. This was way before Gabby was famous.

Q: What is your background?

A: My college minor at Trinity College in Connecticut was related to athletics but my major was economics. My first job after graduation was with the school, and I found that I wasn't cut out for sitting behind a desk all day. I started to work part-time in a gym, and the way my mind works, I wanted to know everything. I wanted to learn how to do the maintenance on the equipment, I cleaned the bathrooms,

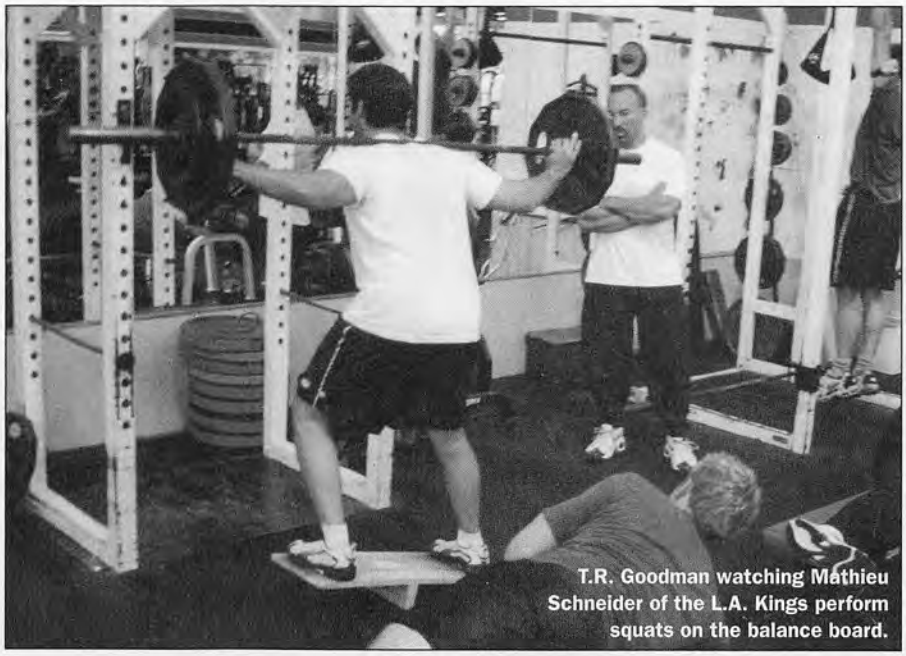
Goodman assists architect Frank Gehry with an abductor exercise.

and I helped out at the front desk.

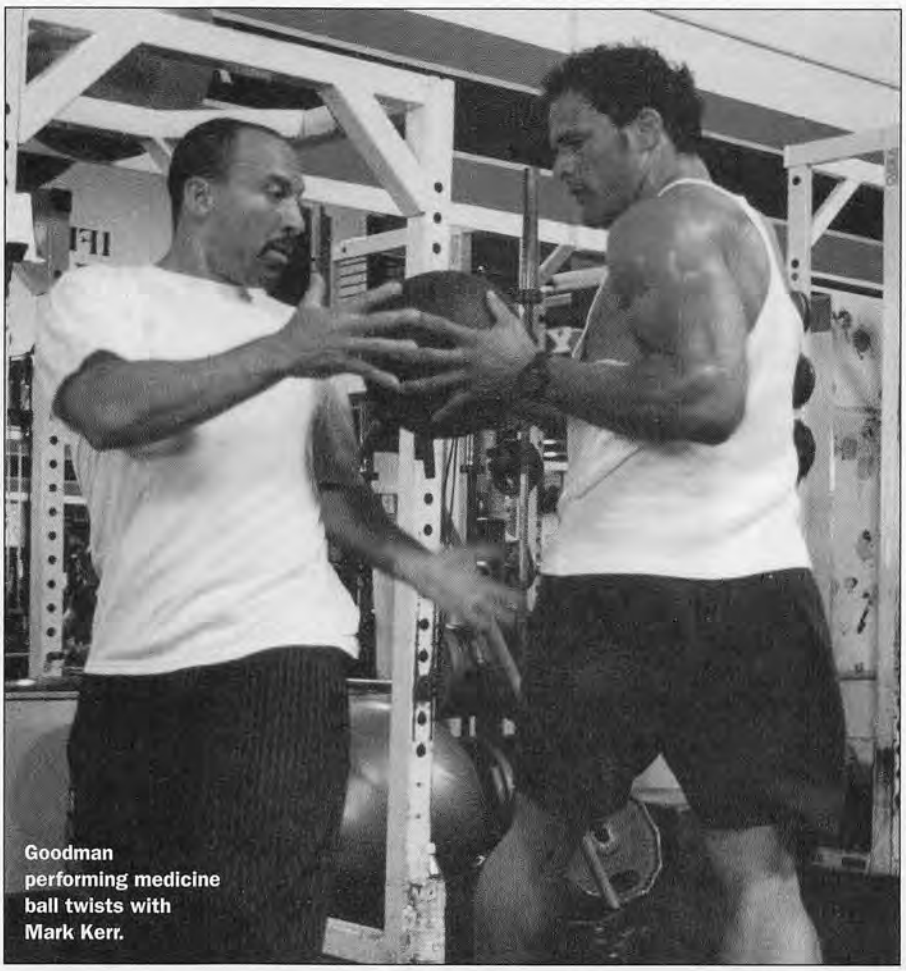
I basically worked my way up from there. I graduated from Trinity College in 1983 and by 1984, I was working full-time in a gym. I learned as much as I could and started to put my own gym together. By the end of 1986 I had my own gym which was about 15,000 square feet, as well as another that was around 6,000 square feet, which was then merged with a bigger company. In October of 1990, I moved to Los Angeles. The concept of fitness in Connecticut and fitness in California was like night and day. When I first got into the fitness industry, people didn't know if it was going to be a fad, or if it would last. Fortunately, the fitness movement has spread all over the world.

Q: Why did you move to California?

A: All the fitness information we got back East came from California. A lot of my ideas were ahead of their time. So I thought, "Why do I want to keep banging my head against the wall out here? I'll come out where all the entertainment people and athletes are and start again." We now have players from hockey, football, basketball, baseball, and most recently mixed martial artists such as Wallid Ismail and Mark Kerr. When I



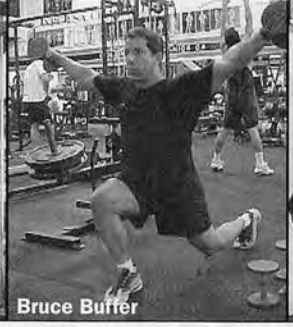
T.R. Goodman watching Mathieu Schneider of the L.A. Kings perform squats on the balance board.



Goodman performing medicine ball twists with Mark Kerr.

James Caan

Josh Dempsey and Lou Ferrigno


Bruce Buffer

Goodman and Caan share a laugh.

was in Connecticut, I trained a few taekwondo practitioners who were trying out for the Olympic team - one of the kids became a first alternate. I understand martial arts so that helps me to relate to the specific physical needs of combat athletes. When I was a kid I took judo. I have a black belt in a combination of gojo-ryu karate and wing chun kung-fu from my teacher, Duke Grise and my other other instructor, Calsanz Hernandez, who is still in Connecticut

Q: How did the MMA athletes hear about you?

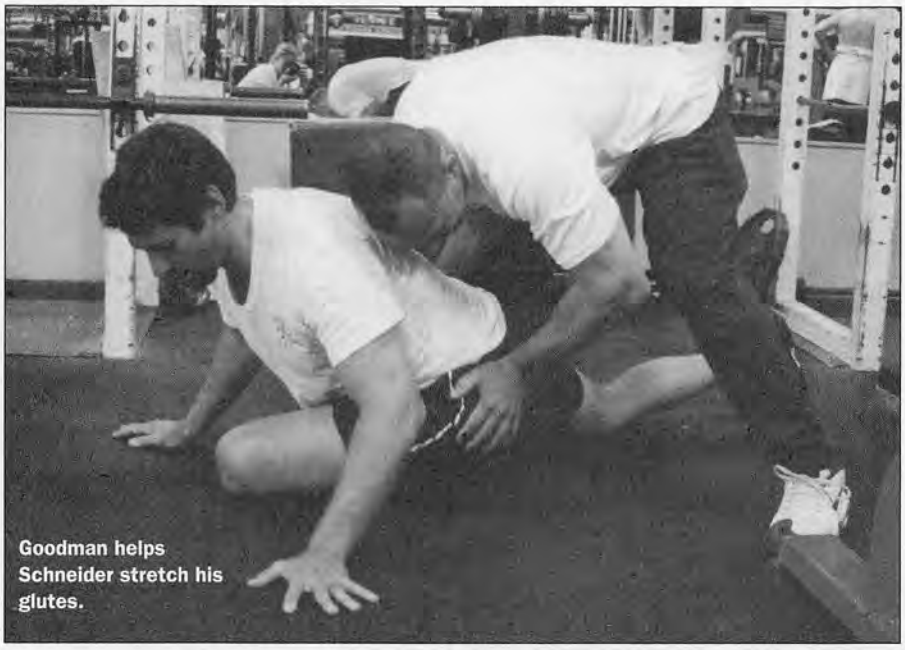
A: Wallid was the first guy who approached me. He was in and out of the gym a lot, back and forth to Brazil. He watched our approach to training and one day we started talking. I was excited because I like watching the various competitions, such as the UFC. So that's how we started a relationship. Mark Kerr came to us by way of a referral from Bruce Buffer. Bruce started his training early in 2000.

Q: Does your program also include diet?

A: We have a brilliant nutritionist on staff, Alfred Krautgartner. What makes him so exceptional is that he possesses an unbelievable ability to interpret blood work - which is an objective biochemical measure of how you are eating and how your body processes the food you consume. This is an invaluable tool, because when you are evaluating which supplements to take or the effect of your eating habits, it is a true indicator of what's going on.

Q: Do you measure flexibility as well?

A: Yes, always. It's important to know if the client's hips are even, do his or her shoulders line up the way they are supposed to? Is the spine straight, are the hips too tight, do they have the right range of motion? There are two ways we measure flexibility - passive and active.


Goodman helps Schneider stretch his glutes.

T.R. Goodman poses with some satisfied clients.

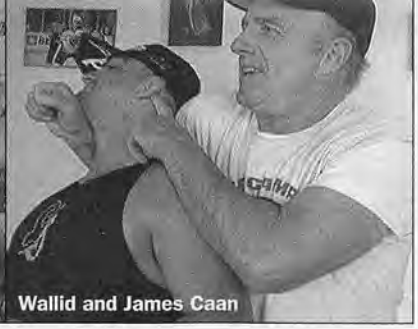
Active is when you do it yourself. Passive is when we take you through a range of motion when you are more relaxed.

Q: What is the structure of the training program?

A: There are four basic phases which are modified for the needs of each individual client. In phase one, we increase the range of motion as much as possible. Not necessarily just stretching, but getting the body to move in an uninhibited way by building endurance and stability. In phase two we work on increasing strength. In phase three, we put everything together in circuit or explosive-type training. Phase four is an in-season maintenance program.

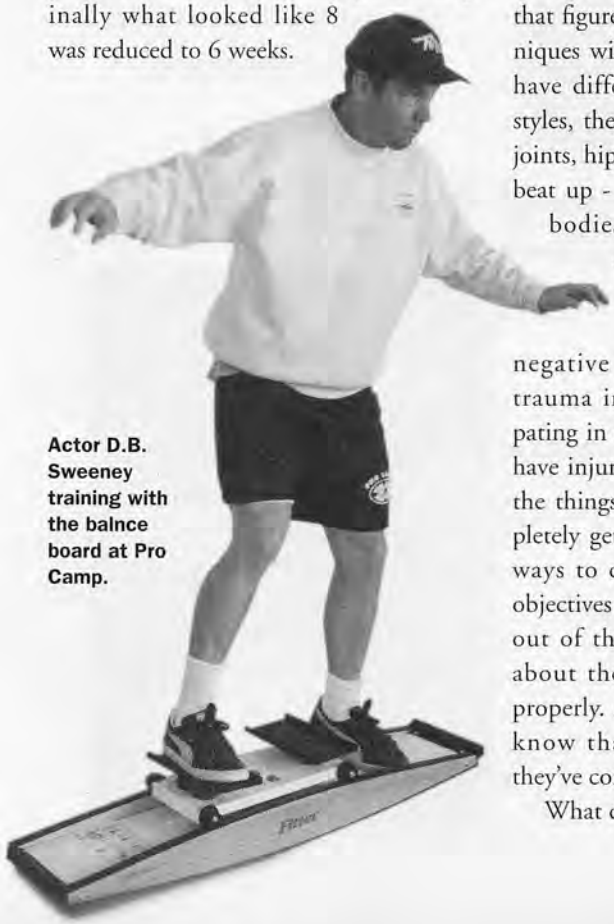
Q: How long does each phase last?

T.R. Goodman and Wallid Ismael


Wallid and James Caan

"A lot of athletes wrongly use fight training and sparring as a way to condition themselves because they haven't been exposed to the more advanced and modern methods of training, nutrition, and recovery."

A: It depends on the individual as well as the cycle we have to work with. For example, when Mark Kerr came to us before the Abu Dhabi competition, we had less than 8 weeks from the time he stepped through the door before the fight occurred. The way we organize the workout is to go from the day of the fight and work backwards. Depending on the fighter's recoverability, 5 to 10 days before the competition they should back off and just do things to maintain, so the body can be healed up before the fight. So originally what looked like 8 was reduced to 6 weeks.


Actor D.B. Sweeney training with the balnce board at Pro Camp.

Then, you have a fighter like Wallid, who likes to reduce his strength and conditioning routine about 6 weeks prior to his event, and increase more of the sports-specific workouts such as boxing, wrestling, and jiu-jitsu. The ratio of what we do from a weight and strength-training side has to back off due to the prioritization. So it is better if we know in advance when they will be competing.

Q: Do you customize each fighter's training routine?

A: There are a few different factors that figure into the workouts. Some techniques will be similar. Even though they have different body types and fighting styles, they all have shoulder joints, knee joints, hip joints, et cetera. These guys are beat up - there's a lot of trauma in their bodies whether they are a martial artist or a hockey player. When they come to us, most athletes aren't even at zero - they're at negative because they have so much trauma in their systems from participating in their sport. Over the years they have injuries, and most of them never do the things that they need to do to completely get rid of the injury, so they find ways to compensate. One of our first objectives is to try to help get the trauma out of their system. We educate them about their injuries and how to train properly. A lot of times they don't even know that a problem exists because they've compensated for so long.

What can happen when there is

Continued on page 106

PRO CAMP ATHLETICS

All of Goodman's clients have enjoyed positive results. The growing number of professional athletes he trains is a testament to his success.

"I swear by T.R. and the methods he uses. It's no picnic, but it's all worth it in the end."
-Chris Chelios, Detroit Red Wings, recently selected as Captain of the 2002 U.S. Olympic Men's Ice Hockey Team.

"T.R. Goodman is the most intelligent trainer that I've ever had the experience of knowing. He watches the mechanics of my sport and really applies that to my training."
-Gabrielle Reece, volleyball star and top model.

"The guidance and mental push I receive to stay in peak athletic condition from them is invaluable to me, especially with my travel schedule. Guru T.R. Goodman and trainer Kurt Elder design my training to keep me fine-tuned from the inside out, with emphasis on the internal structural strength and endurance that allows me to train with the pro athletes in their off-season time, such as doing conditioning training with members of the Los Angeles Kings and other major athletes."
-Bruce Buffer, ring super-announcer.

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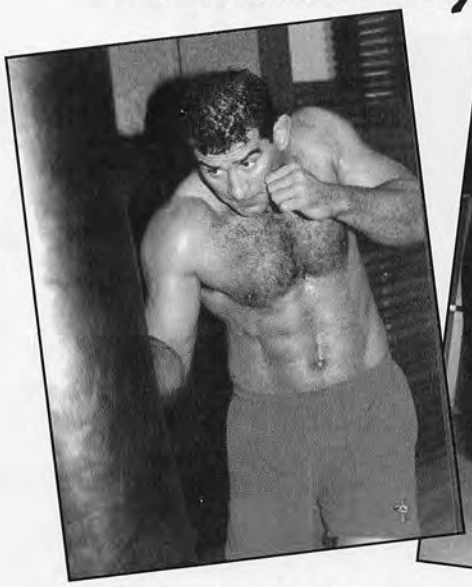

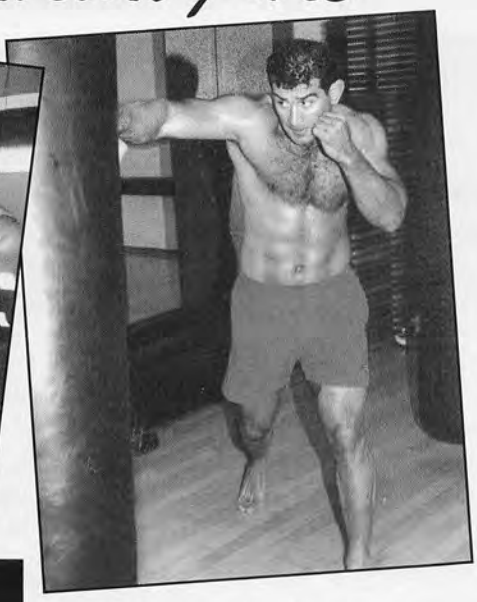

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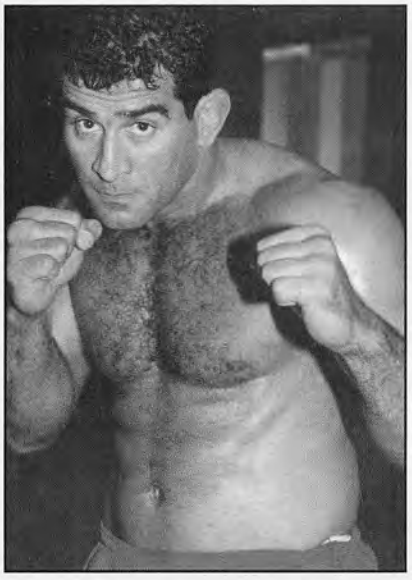

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PEDRO SAUER

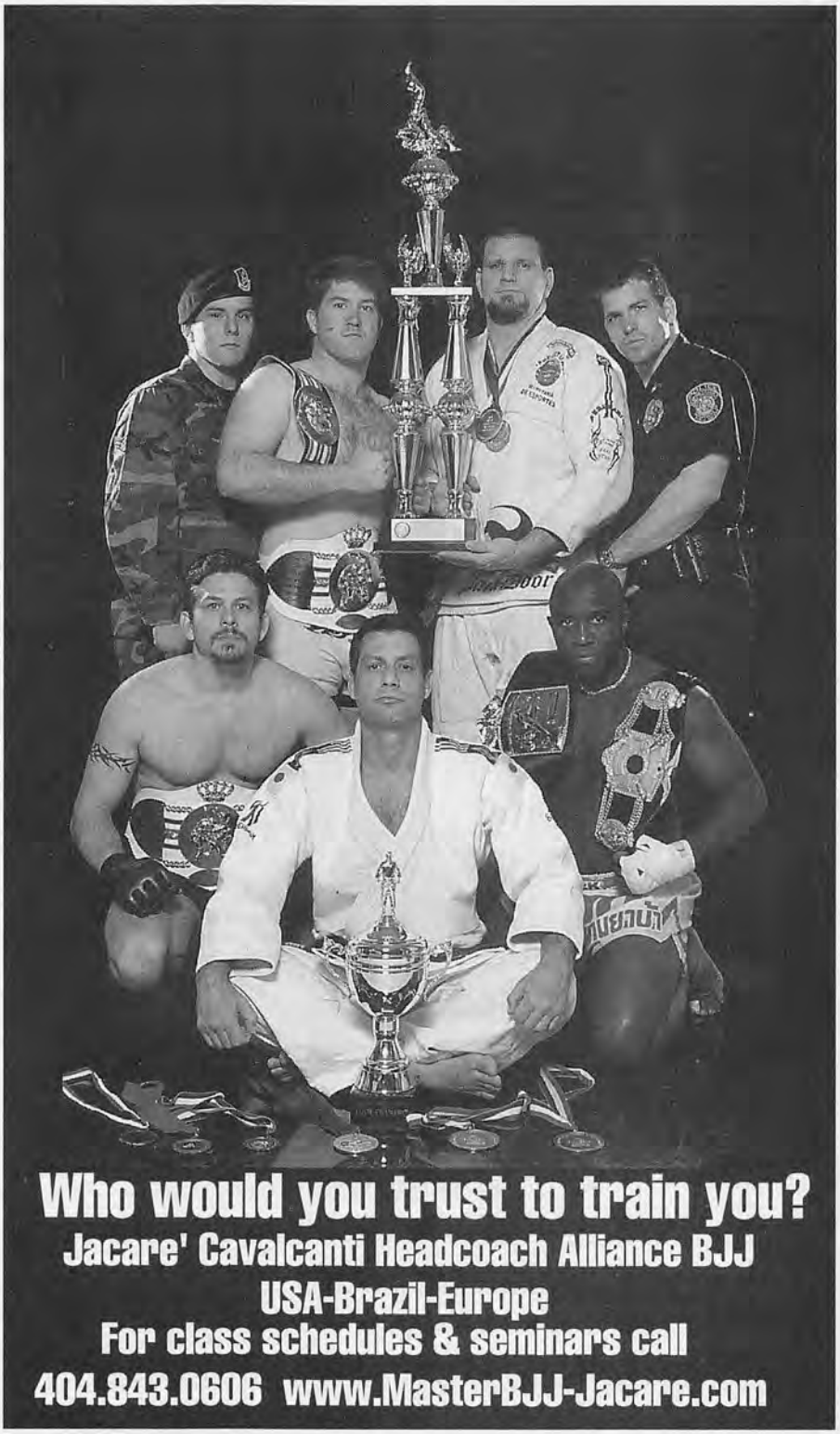
Continued from page 45

quick to give credit where credit is due. "To be honest, I had a lot of help from Frank Cucci. Frank is a fantastic individual and he taught me a lot. He taught me about being a better businessman and about being a better teacher and person. He is a great fighter, an animal in training, and he knows everything about Brazilian jiu-jitsu. Frank taught me a lot about what an instructor is supposed to be like and act like. An instructor teaches by example, and Frank Cucci is the ultimate example."

According to Sauer, the initial jiu-jitsu association was comprised of mature individuals who were already accomplished martial artists in their own field and who had large followings. "Many of them," Sauer explains, "came from Cucci's large and well-organized association. These people then took an interest in helping me become a better instructor; so there was a tremendous exchange of ideas - it wasn't just me being the master and them following blindly; it was definitely a two-way street." Sauer's open-mindedness and natural humility allowed him to combine his BJJ knowledge with the teaching, training, and business methods of Frank Cucci's group.

Hard But Safe

One of the major differences between Sauer's program and conventional BJJ programs is its organization and presentation. As Sauer points out, "We start by presenting the student with a curriculum they can follow. The student knows exactly what is expected of them and what steps they have to take to achieve their goals. We also emphasize staying injury free. One of the steps we take is that every time someone gets injured, we write the name of the person they were training with on the blackboard. If several people get injured training with a certain partner, we can easily see that. So we implemented the following rule: The first time you injure someone, your name goes on the board; the next time you injure someone, you are suspended from training until that person is ready to return to training. If you injure a third person, you are expelled from the school. In our schools people just don't get hurt; I think it has a lot to do with this rule. The object is to train and have fun, not to hurt people. So you learn to train hard but to also have control."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Cleaning Up The Sport

One of Sauer's main objectives is to spread his system to other associations and other schools: "I'm concerned about what might happen in America if we don't take some serious steps to avoid the pitfalls that have occurred in Brazil. In Brazil, right now, the sport of jiu-jitsu is in disarray. There are press reports nearly everyday about criminal incidents involving BJJ practitioners. Whether all of those criminals are really practitioners or not is irrelevant, because the perception of violence has caused huge damage to the image of the sport. So in America, I want to unite all of the black belt

Continued on page 98

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Marco Lala has trained under some of the highest ranking Japanese instructors in full contact karate, Judo, Jiu Jitsu & wrestling. He is a former certified Kyokushin instructor, light weight Bare-knuckle champion, Judo competitor and founder of the Tettsu Bushi Jitsu System. He appears in over 30 US & Japanese Martial Arts videos and international magazine articles.

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PEDRO SAUER

Continued from page 95

instructors and get everyone to agree on certain positive standards. That way, we can control the quality of the students and the quality of instruction so we don't end up with the same problems here."

"As instructors," Sauer points out, "it should *not* be our objective to just accept any person that walks in the door, and teach him to fight so that he can be a tough guy and beat up everyone on the street. We should teach him that he is here to learn how to defend himself and to protect himself and his family from assault and to preserve the name of the sport. The student needs to know that picking fights outside the school will not be tolerated. If he wants to fight, he can enter tournaments, do NHB, or whatever. We will support him in this 100 percent. But if all he wants is to become a bully, then there is no place for him here."

Success Breeds Success

The success of Sauer's program can easily be seen by the fact that his students are constantly winning tournaments and NHB fights. His students include Jeff Curren, a purple belt from Chicago who has made a name for himself as a successful NHB fighter at the young age of 22. Another is Gregg Nelson of Minnesota, the current Pan-American BJJ Champion who coached international-level NHB fighters Dave Menne and Sean Sherk.

When asked what it takes to become a certified representative Sauer is very firm: "The first step is for me to get to know you. I won't accept anyone without getting to know them. After I certify that you are a person of good character and a solid individual, then we can talk about getting you into the program." This meticulous, thoughtful, and personal approach is the way Sauer does everything. He is always searching to perfect his technique, and to perfect himself and others around him. In recognition of his outstanding contributions to the sport, Sauer was voted "The Best of the Best BJJ Instructor" by ADCC News in a Year 2000 survey, and was recently invited to Abu Dhabi to showcase his teaching methods and to train Sheik Tahnoon's numerous adopted orphans.

Sauer is very focused on his professional goals in life: "My main objective is

Continued on page 98

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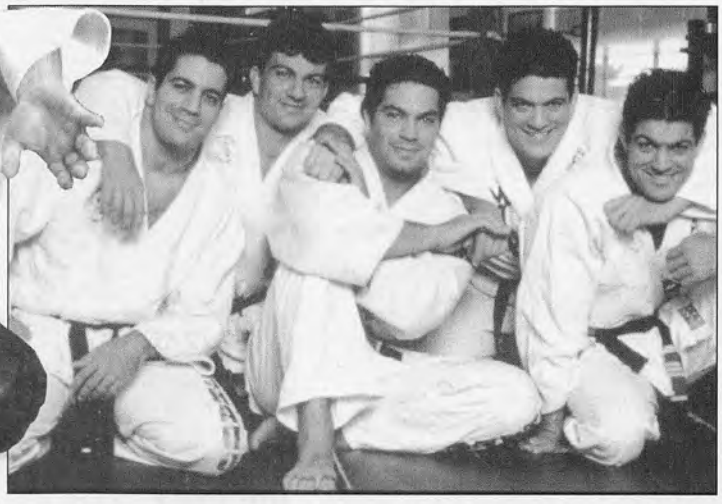

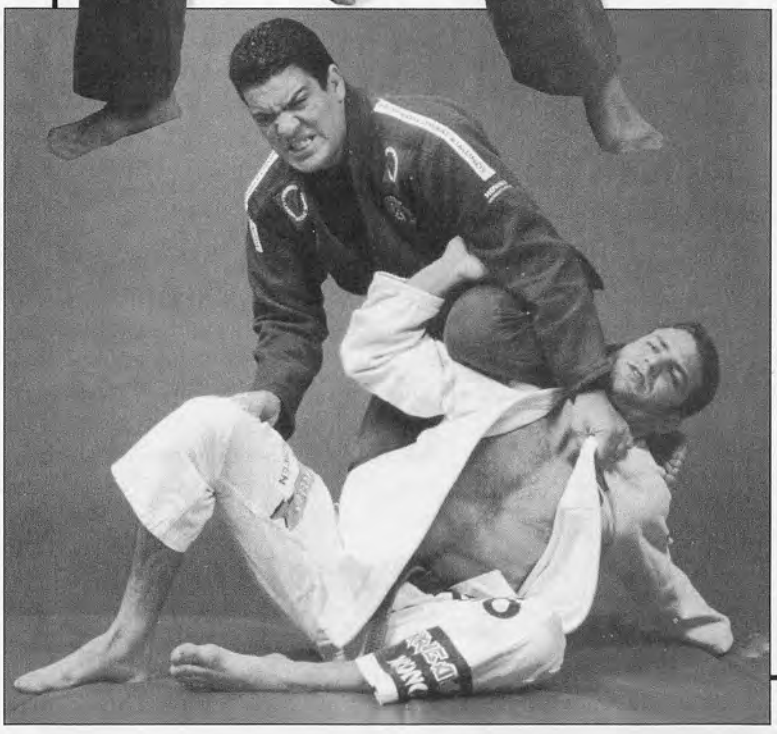

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"They Laughed When I Got Mopped Across The Floor ... But Now That I'm In Condition, I'm The One Having All The Fun"

By Matt Furey, author of *Combat Conditioning*

You know the scenario I'm talking about. You've experienced it before and so have I. You're competing in a match (or having a tough workout) that you KNOW you should be winning. You're better than the guy you're up against. But right now you're so tired you can't lift your arms or get enough oxygen in your lungs. And because of this, you're getting your ass handed to you - and not on a silver platter. Oh no. It's a lot rougher than that.

Your tongue is hanging to your knees and you feel weak all over. And now, not only are you getting beat, but you feel SCARED. You're scared of losing. You're scared of making another mistake. And most of all, you're AFRAID of getting tired.

It's a horrible feeling, isn't it? It makes every word of the legendary Vince Lombardi saying (**"Fatigue makes cowards of us all."**) painfully, excruciatingly true. When you're tired, you get scared. **Subconsciously**, you actually are afraid that you might die if you push any harder. And although you desperately want to win - you can't make yourself do it. All the screaming from your coach to "suck it up" and "be a warrior" doesn't do a damn bit of good when your gas tank is empty. Once you hit that fatigue barrier, nothing will bring you back.

Losing to someone that you could have and should have beaten is embarrassing, humiliating and degrading. But the truth is, in every combat event known to man, your ultimate weapon can be summed up in one word: ***CONDITIONING***.

You can have the best techniques in the world, but once you get tired, it all goes to hell in a hand basket. When you're tired, advanced skills turn to those of a rank beginner. Even your opponent's junk moves, techniques that you'd normally see coming from a mile off, will work on you when you're tired.

Believe friggin me, I KNOW. My name is Matt Furey. I'm a national collegiate wrestling champion, a world shuai-chiao kung fu champion and the leading teacher of a submission fighting art known as catch-as-catch-can. If anyone knows the importance of superior technique, it's me. Yet, I will be the first to tell you that ***"Conditioning is your ultimate weapon."***

But don't take my word for it. Go talk to any champion boxer, kickboxer or grappler. Ask him if he thinks he won his big matches because he had better technique or because he was in better condition than the other guy. Ask modern day fighters like **Frank Shamrock** how he beat the amazing **Tito Ortiz**. Ask **Roy Jones Jr.** if all the time he spends on conditioning is necessary. Ask Olympic champion wrestlers like **Dan Gable** if he thinks conditioning was the key to coaching 15 NCAA championship teams in 21 years. Ask **Rickson Gracie** why, despite his technical prowess, he is fanatical about conditioning.

Then go back in history. Study the lives of boxing champions like **Rocky Marciano**, **Jack Dempsey** and **Muhammad Ali**. Even study how **Bruce Lee** trained – and why he made conditioning a cornerstone of his training regimen.

Yes, these champions have sharp technical skills. But, they also went into the ring knowing they could run the other guy down; they could wear his ass out; they would ultimately prevail because they could drive their bodies at higher levels than anyone else. They knew they would eventually weaken you and that as soon as it happened, the crowd would bear witness to the most spectacular techniques ever seen. ***YOURS.***

At that point, YOU will be the one who shines. You will have all the flash and your opponent will be nothing more than another body that you're mopping the floor with.

Does the idea of stomping and humiliating your competition sound good to you? I sure hope so. But just to make sure you hear me correctly, let me put it to you this way: If you knew that every single time you stepped into the ring you were in such great shape that no one could make you tired, how much better do you think you would be? How many more risks would you take? If you had the strength and endurance to throw twice as many strikes, to execute twice as many takedowns, to slap on twice as many submissions - don't you think that YOU would be the one everyone refers to as CHAMPION?

Yes, you would. And the good news is that my best-selling ***Combat Conditioning*** program delivers the winning formula to make it all happen for you. The 48 incredibly effective "kick-butt and take names" exercises are done from every position and angle, giving you animalistic abilities that will **unleash a whole can of whoop ass** on anyone who comes near you.

In my office I have stacks of letters from men and women from all over the world who are in better condition and performing their chosen art better than ever before. And by following just one of the seven secret exercise programs contained in my book, these people are faster, stronger, more flexible and have an ocean of endurance. They have eliminated chronic pain in their backs and necks. They have built mountains of functional muscle and lost useless excess fat. Just read some of the praise seen below and you'll know why this program is the best in the world.

"Having used the exercises and having the people I coach and train use them, I have found these exercises to be great. Read the book and learn."
Kim Wood
Strength Coach - Cincinnati Bengals NFL

"... my strength and flexibility have never been better."
Steve Maxwell
2x Brazilian Jiu-Jitsu World Champion

"... no other exercises increase balance, agility, functional strength and overall grappling endurance like the bodyweight calisthenics outlined in ***Combat Conditioning."***
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PEDRO SAUER

Continued from page 97

to spread the jiu-jitsu that I learned from Professor Helio Gracie and his son Rickson Gracie, while following the principles of being a decent human being that I learned from my mother."

For more information on classes, seminars, or the instructor's program, Pedro Sauer can be contacted at 801-561-2535, *by email* at pedro@pedrosauer.com, *or through his Web site* at www.pedrosauer.com

CHARLIE KOHLER

Continued from page 75

Nothing satisfies me more than when my students succeed, whether they're cops on the street or King of the Cage fighters. I don't train many people for fun, fitness or as a hobby. People train with me because they want to learn the real thing. To teach effectively, I must remain at least one step ahead of my students, and always razor sharp. Consequently, I improve my own grappling skills when I teach them to others.

9. Focus On Fighting

There are plenty of politics in most professional sports, and grappling is no exception. Politics usually raise their ugly head when grapplers from different schools compete against each other. Sadly, because politics interfere with judging and event organization, the athletes suffer. I avoid the sport's politics like the plague. They're the one aspect of mixed martial arts I don't like. Sometimes they're so intense that grapplers can't train at more than one school. If they train elsewhere, their curiosity is deemed disrespectful to their instructors.

These same teachers may also feel inferior, threatened, and might forbid students to share techniques with competitors from other schools. But grappling is so popular that most serious students need to train with multiple instructors. How do you avoid politics in the sport? Focus on your training. If you always try to improve your mat game, you won't have time for mind games outside the ring.

10. Have Fun

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Continued on page 100

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CHARLIE KOHLER

Continued from page 98

sport is so rigorous, however, it also offers exceptional intrinsic rewards. And when you make decent money grappling, that's even better.

If you need more help to win fights, you can use your grappling skills in less conventional ways. One of my favorites is movie and TV work. My involvement in the sport has opened doors for work as an extra and also stunt opportunities. Look closely and you'll see me in the movie *Bring It On*. I've also appeared in *Silk Stalkings, Pensacola* and other television shows. It's very rewarding to appear on-screen with James Brolin, Kristen Dunst, Penny Margolis (Miss America) and other stars.

How do acting and stunt work help me win fights? They give me a break from fight training. By helping me relax, they prevent me from getting stale and bored. After completing an acting job, I resume training, refreshed and more enthusiastic than ever.

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Now you have my top ten tips for winning fights. But if you're searching for secret submission holds or my favorite ways to beat opponents into oblivion, that's a topic for a future article. Instead, I've presented my most effective mind-set tools. These are ways to improve your self-discipline, perspective and motivation. For my tips to be effective, though, you must use them. What do you have to lose? Try them and you'll quickly improve your fighting. They'll make you a winner. And in grappling, it doesn't get any better than that.

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EMAIL: cjkohler25@home.com

FREDERICO LAPENDA

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not any different. Luckily, because my father was educated and had a very good job I didn't have to deal directly with it. I lived in a nice section of Recife where many of the middle-class families lived. It was in the western part of Recife, called Prado. It is where they have the horse races. My street was very remote and just local people lived there and drove on it. So I felt protected. However, I was very aware of the other side of the tracks, so to speak. I would go play soccer or go buy kites and marbles in the poor sections of Recife. It was funny but I always had more fun in the poor sections of the city because they have a different approach to life. The kids can play with anything and they enjoy life a lot more. Their toys don't come from the toy store; they make them themselves from cans or sticks or old pieces of wood - and they have more fun with them than with a hundred-dollar toy you buy in a big department store. So I really got an appreciation for the simple things in life. And to this day that is what I appreciate the most - the things you make yourself. I learned a lot of lessons that I still use.

Q: Things that help you even now?

A: Definitely. I learned about trading and about making deals. It was the type of education that you only get on the street. My mother would go to America and would bring me back 3D Viewmasters to look at photos through. Back in Recife that was like having a DVD player. But I wanted the toys that the poor kids made themselves, because I thought they were much cooler because they had to make them and it took them a lot of time. So I would trade the toys I got for marbles and homemade kites. When I got home my mother would tell me, "You know, you just lost on that deal. But if it made you happy then it was worth it."

My mother kept me on a very small allowance so I had to come up with a lot of different ways to make money. I loved going to the video arcade and it cost a lot of money. So after a while my friends in school would see what I had from the poor kids- the kites and the marbles - and they wanted them too. So I would sell them for more money than probably what the Viewmaster was worth. So I learned that the value of something is

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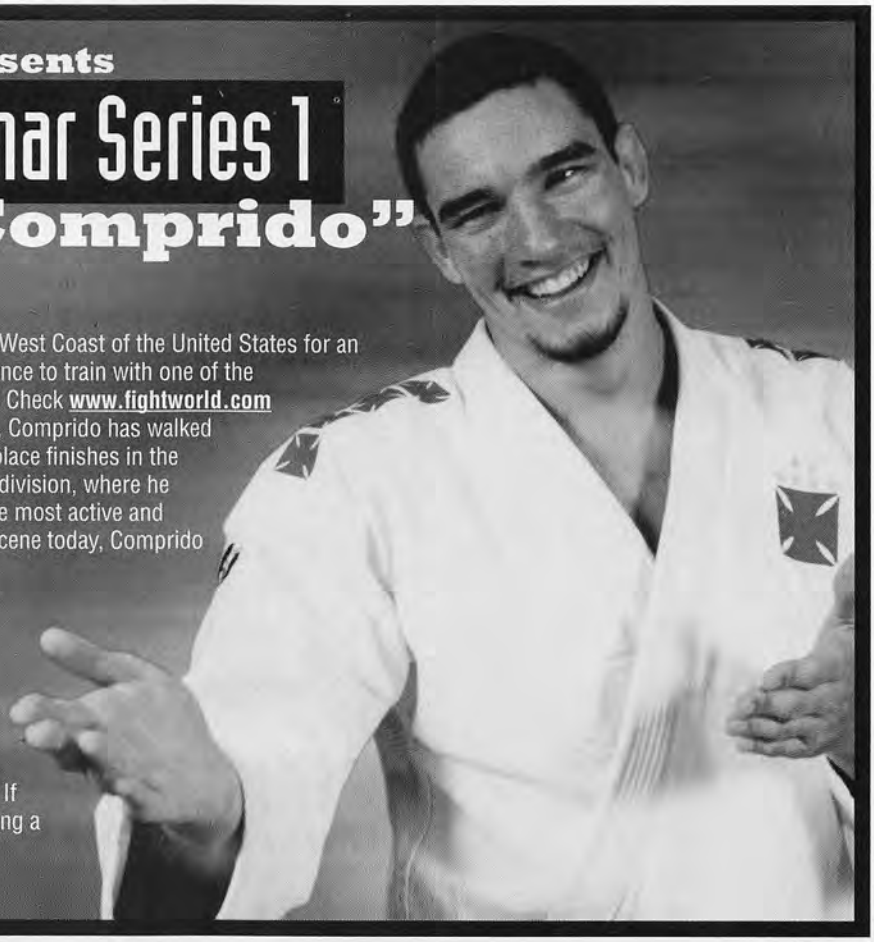

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Comprido has spent his most of his adult life surrounded by the most advanced jiu-jitsu practitioners and teachers in Rio de Janeiro. Comprido has a cerebral style that translates easily to teaching. He recently completed a stint as a guest instructor at the prestigious Abu Dhabi Combat Club, where his skills as a teacher impressed even Sheik Tahnoon himself! If you have an academy and are interested in hosting a seminar contact **migueli@pa.net** or visit **www.fightworld.com**. Don't miss out!

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FREDERICO LAPENDA

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always what people will pay for it, and not its intrinsic value.

Q: Did you know anything about martial arts or about Gracie jiu-jitsu then?

A: Nothing. I had started judo when I was in first grade and trained up to the orange belt level until about the fourth grade. I didn't really like it all that much. I liked to hang out and play with my friends more. You have to understand that the Gracies were not famous in Brazil at all until the first UFC. People in Rio that hung out in Ipanema and Copacabana and Terezolpolis had encounters with them and knew about them. But outside of Rio they were virtually unknown. Royce really made the Gracies famous in Brazil by winning the UFC, and Rorion made sure everyone heard about it by doing such a good job of promoting it. So jiu-jitsu was nothing that I had ever heard of as a child.

Q: Were any members of your family martial artists?

A: Nobody. My mother's family is composed of doctors and lawyers, and my father's side is made up of judges, businessmen, and politicians. One of my uncles, Paulo Lapenda, for example, is the chief of police in Recife, a city of 3.5 million; and another, Jose Neves, is the president the Santa Cruz football team, the biggest professional soccer club in the state of Pernambuco, the state Recife is in. Uncle Jose became very famous when he went to a hostile soccer stadium for the state finals, planted a Santa Cruz club flag in the middle of the field after Santa Cruz won, and waved it in front of 100,000 losing and angry fans. He was a hero in Recife, of course, but is still public enemy number one in the losing city, to this very day! So my family is very passionate about everything they do. I'm the same way with no-holds-barred fighting.

Q: How did you end up in America?

A: In 1987, after finishing high school and successfully taking the law school entrance exam, I had the option of spending a year in the United States learning English. This was because we had an American exchange student, Billy Hansen from Manhattan Beach, California, living in our house. So I came to Southern California for a year to learn

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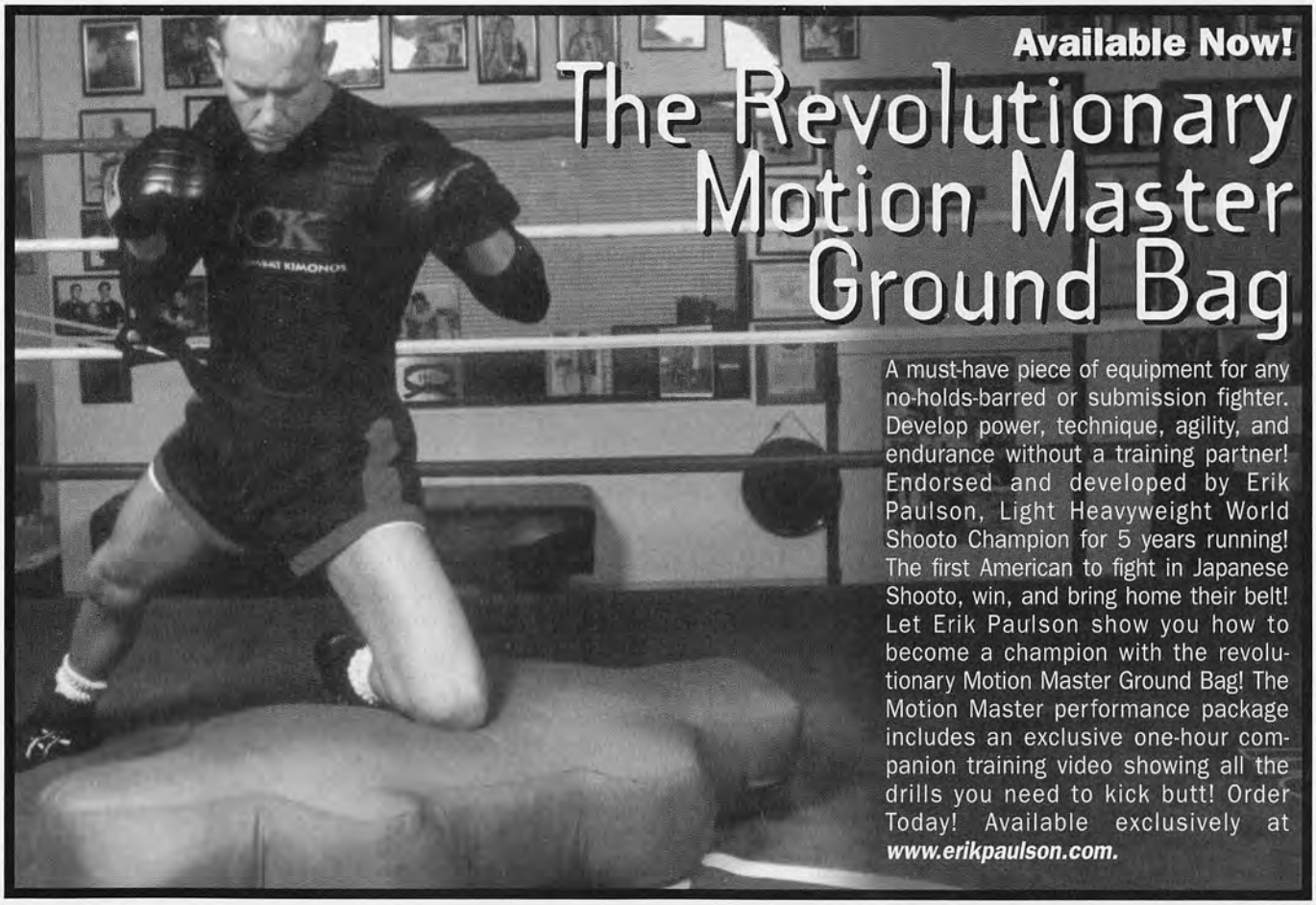

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FREDERICO LAPENDA

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English and stayed at their house and went to Mira Costa High School, even though I had already graduated from Brazilian high school. While I was here, I started working for my host family's construction company and I made pretty good money. I loved the fact that there is so much opportunity in America if you're willing to work hard. So I decided to stay. I passed the English proficiency test and started college at El Camino in the South Bay of Southern California.

Q: Were you taking jiu-jitsu at that time?

A: It was while I was going to El Camino College that I met Rickson Gracie. I have to laugh because everyone always assumes that I got my start in Brazil, in order to start doing no-holds-barred shows. But the truth is that I never heard of jiu-jitsu until I came to the U.S.! During the time I was at El Camino I met Luis Heridia, Rickson's assistant, who was also delivering pizzas. I eventually saved enough money delivering pizza, if you can believe it, that I opened a car dealership in Culver City. I was selling cars to all the Brazilian immigrants who came to the U.S. So Rickson came to me in 1991 and I sold him his first car. It was only then that I started training jiu-jitsu. By 1992 I was totally into the Gracie diet and doing yoga with Rickson's wife Kim.

Then in 1993, Rickson invited me to go to the first UFC in Colorado. I went and saw that this was going to be the future of combat sports. The way people reacted to the event was just amazing. The tension and the passion was so thick that you could almost cut it with a knife. Right then, I wanted to get involved and get in on the ground floor. The next year Rickson invited me to produce the 1994 Vale Tudo Open in Japan, where he was fighting. So when I came back from Japan after Rickson's victory, I wanted to put an American show together. So I set up a meeting between Rickson and Eric Bishoff, the CEO of WCW - the Ted Turner wrestling show. Well, for various reasons, some of which were very frustrating and disappointing to me, the deal never came through. But by then the sport was in my blood and I decided to just go out on my own, away from Rickson, and start a fighting business.

Q: What do you think about Rickson Gracie?

A: Out of all the mixed martial artists and K-1 fighters that I have ever met, and I have met them all, Rickson is the only true master I know because of his deep understanding of the martial arts, nutrition, healing, and spirituality. While the other competitors might know how to fight, Rickson understands the human experience in totality. I truly believe that Rickson is an old soul - his spirit reaches beyond his years.

Q: When did you start your NHB career?

A: In 1995 I signed Marco Ruas, who was the biggest rival of Brazilian jiu-jitsu in the world. I also signed Amaury Bitetti, the world jiu-jitsu champion at the time. I also brought Carlson Gracie and Vitor Belfort to America and opened the Carlson Gracie Jiu-Jitsu Academy in Westwood, California, across the street from UCLA. From the jiu-jitsu academy I started to run my business and represent several other fighters - among them were Alan Goes, Mario Sperry, Marcello Mello, Carlson Gracie Jr., and Pedro Rizzo. I signed Rizzo to fight in K-1, Sperry and Gracie to fight in Extreme Fighting, and Marco Ruas to fight in UFC VII. So everything was looking fantastic.

Ruas won the UFC on Friday and I came back to the school on Monday and all the jiu-jitsu guys were there and they were genuinely mad that I had represented Marco Ruas, who they felt was the ultimate enemy of jiu-jitsu. So I was basically given an ultimatum to either choose all of the Carlson Gracie Competition Team or choose Marco Ruas.

Q: So what happened?

A: I chose Marco Ruas over the entire Carlson Gracie Team because I felt that it was not right that they ruin someone's career simply because of political reasons. Looking back, it probably wasn't the best idea. You see, I had an idea to put together a Dream Team of fighters and this later happened when the Brazil Top Team was formed - and has since self-destructed. Wallid and Bustamonte were the only two fighters from the Carlson Team who were against the idea of the Dream Team. They felt that jiu-jitsu was the best art and should not associate with any other martial artists. My vision was for the Brazilians to unite together and

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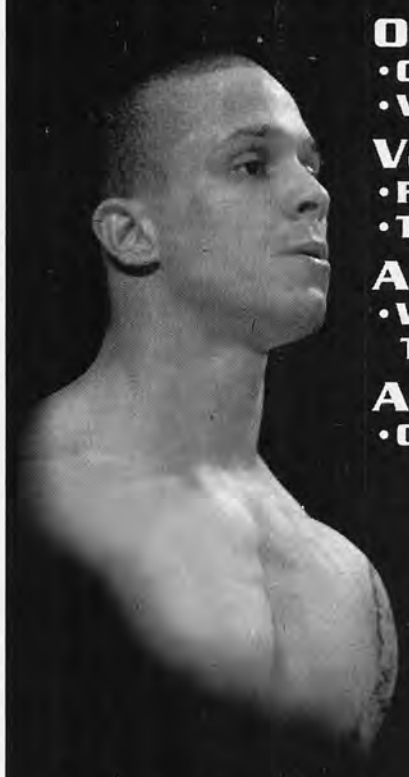

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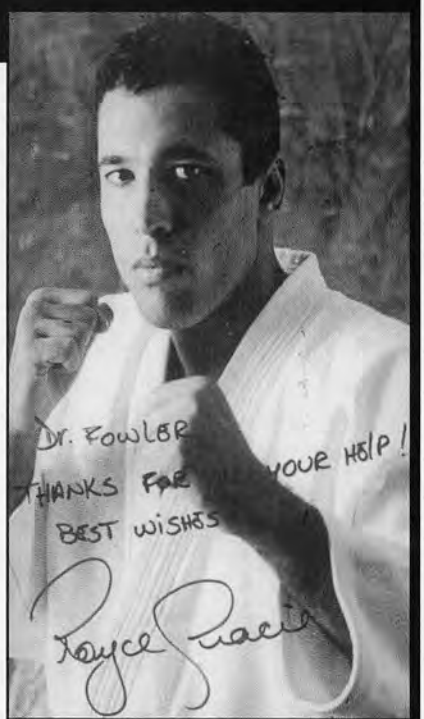

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FREDERICO LAPENDA

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train everyone in the world as a way of pushing the entire sport of vale tudo forward - but they didn't want to give any knowledge to anyone who didn't train jiu-jitsu. Now, course, this idea of mine is very common and Wallid takes photos with Ruas and all the fighters from different styles train together. So I guess I was just a little ahead of my time.

Q: So you were left with just Marco Ruas?

A: Pedro Rizzo also stayed because he was not a jiu-jitsu fighter. So I was very motivated to make Ruas succeed big. I had come up with the idea for Ruas Vale Tudo before the UFC and I formally created it. I thought that it would be something that I could turn into a fighting style like Gracie Jiu-Jitsu. So I created student bases, through seminars, in Italy and in England. However, when Ruas lost to Oleg Taktarov in the Ultimate Ultimate, I was determined to create a fair battleground for martial artists to display their skill. So that is when the World Vale Tudo Championships was created. You see, after Ruas lost to Oleg, the UFC offered Ruas 15 grand to fight Don Frye at UFC VIII. I thought that amount was absurd because at that time the UFC was getting 200,000 homes at 25 dollars each. So they had a five-million-dollar budget but were only offering Ruas 15 grand. That wasn't fair to Ruas; so I started the WVC and paid Ruas 30 grand, free and clear, and did not take any commission. So at WVC I in 1996 in Tokyo, Japan, after Ruas beat Steve Jennum, the UFC III champion, I brought Oleg Takatarov into the ring, put them face to face, and set up the challenge match between Oleg and Ruas, that Ruas had been begging me to get since his loss. Up to that time he had been telling me, "If you get me Taktarov, I will fight him for free." As it turned out, that wasn't entirely true.

Next Month in Part II: The Ruas Fall-out; The K-1 Experience; Behind the Iron Curtain; Entertaining the Troops, and more!

ULTIMATE TRAINING

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trauma is that certain muscles that are supposed to do one function might be lessened, or other ones might be enhanced because they are compensating for something that can't be done. What we want to accomplish is to try to get them to move the way they should move in an uninhibited way. That's one of our objectives. Then you have to look at the athlete's personality and his style. I like to watch tapes of them fighting. I want to see a great fight they had, as well as a fight that they didn't think was good.

Q: Why?

A: To see what happened and what ingredients were there. Aside from winning or losing, why did they think they had a great fight in this situation and why a bad fight in another? In the fight game anyone can get caught by accident and lose while they're on the top of their game. And just because you win, it doesn't necessarily mean you were at your best. There are certain things you can pick up in a tape, watching the fights. I'm not looking at their fighting technique. I'm looking to see how their body moves. What's their conditioning like? What's their breathing rhythm like? All these different components are visible

Continued on page 108

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ULTIMATE TRAINING

Continued from page 106

when you watch the tape. Why is a fighter more susceptible to getting hit more on one side of his head than the other? If he has a hip flexor strain or an abdominal tear on one side he might not be able to move the same way. You look at all those different factors and come up with a training plan for a particular athlete. You have to take a look at their style and personality. Wallid likes to feel certain things going into a fight. Mark likes to feel other things going into a fight. As an athlete, you find certain sensations that let you know you're ready. So the general formula we use is similar, but how we manipulate the specific variables for each fighter are different.

Q: So fight tapes help?

A: They can be useful tools for the fighters to refer to. The last time the Trinidad fight was on, Mark and Wallid came over to watch. From the television, I could visually show them things that I was trying to get them to understand the first time they went through the circuit training. When they saw the fight, they could see the openings, and their awareness increased. Now when they go to practice, they start to feel it themselves.

When you watch a fight you'll see what these guys do when they start to compensate - especially when they start to fatigue. In boxing, for example, Felix Trinidad never overexerts himself. I'm not sure he's completely conscious of it, but he stays within a heart rate range, and he's trained himself to do that. In his early days, George Foreman did not pace himself in his fights, and that's how Ali knocked him out. He overexerted, and got uptight.

If you're an athlete in a combat sport, and you're in trouble, you're automatically going to burn twice as much energy. A competitor who has his opponent in trouble does not have to overexert, he has to stay within a certain heart range. If a competitor is able to withstand a barrage, then his opponent is done. You see this a lot in the UFC when a fighter is overly aggressive when he comes out - such as Kevin Randleman. If you can withstand his initial attack, he will run out of gas, because he exerts too much energy so early on. This happens in all sports from horse racing to boxing. The important thing is to pace yourself, and know the proper heart range to stay in during competition.

We teach athletes to pace themselves through the circuit training during our third phase. For regular athletes, we give them a maintenance program to follow during the season. Mixed martial artists are not the same because they have a one-day, one-event competition and need to relax for awhile before they come back to train.

Q: Do you feel that there is enough recovery time between fights for MMA athletes?

A: Not really. The fights happen so quickly that there is a short period of time to improve yourself. Right now, it looks to me like the cycle between fights is 8-10 weeks, which is not enough time for the body to recuperate. This is problematic and a fighter's career will be shortened. If the body does not have enough time to recover after a fight, it will wear down. I was listening to Tito Ortiz describe his training routine after one of his UFC victories. He might be able to get away with training 6-8 hours a day now because he's in his mid-20s. It is doubtful, however, that he will be able to keep up that type of training for an extended period of time, for too many more years, because

Continued on page 112

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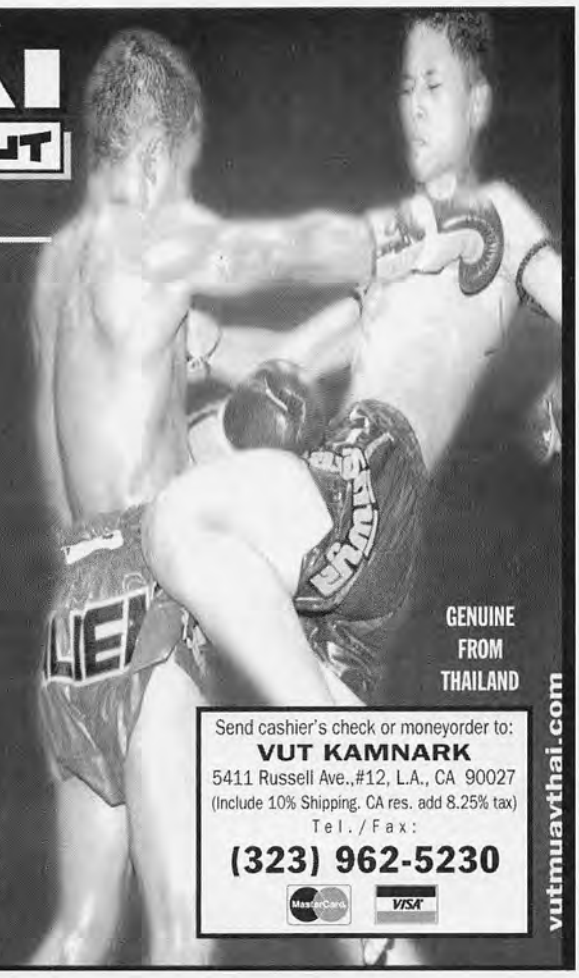

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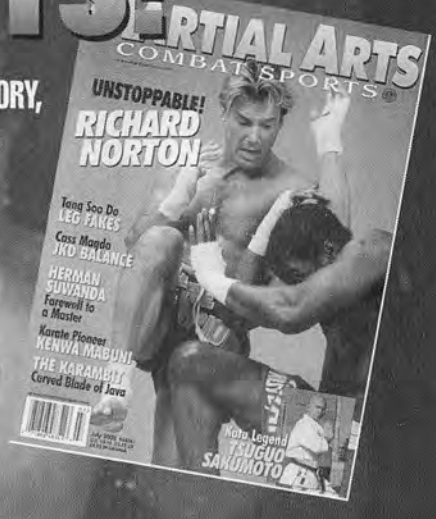

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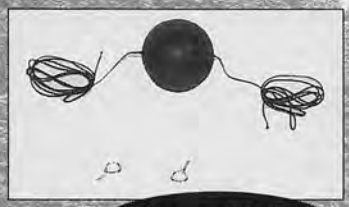

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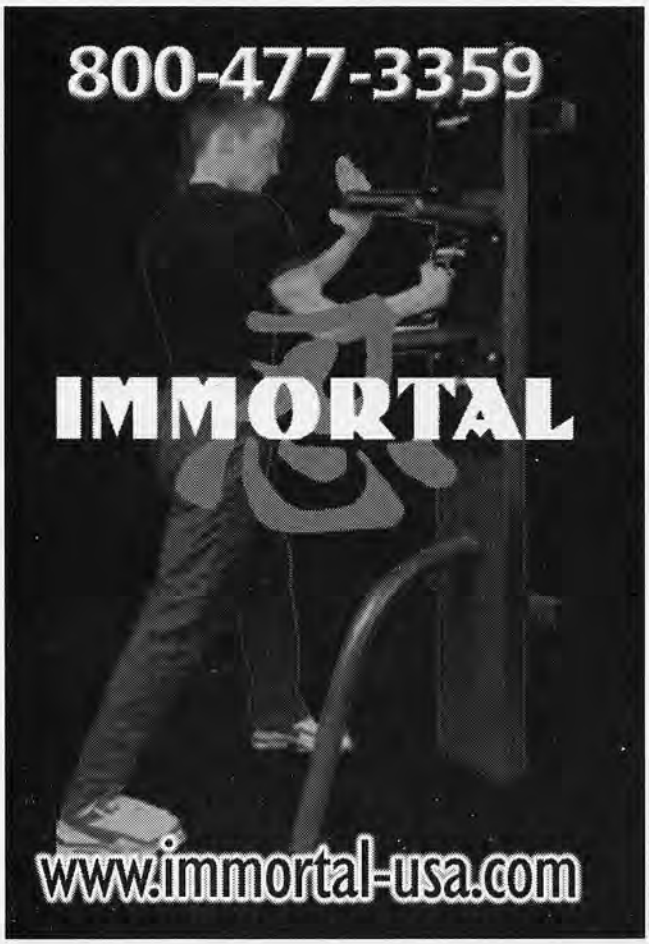

ULTIMATE TRAINING

Continued from page 108

it's way too hard on the body. His training routine will shorten his career.

Look what's going on in pro-wrestling right now - the number of guys who are getting injured. That's due to the type of schedule they keep. It's too rigorous, even if the moves are choreographed. We are trying to make our athletes understand that aspect of conditioning. A boxing coach, for example, will spend a lot of time working on physical conditioning. That will reduce the time he can spend teaching the actual techniques of boxing. So if you train properly with a conditioning coach, then that doesn't have to happen and you can use your boxing coach to teach you the techniques of boxing.

Martial or fight training should be used to improve technique - not to condition. If you look at someone at the skill level of Wallid in jiu-jitsu, or Mark in wrestling, there is no reason for these guys to go into the gym and start traumatizing their bodies by over-training. They should only practice certain skills and techniques in order to improve themselves overall, not for conditioning. A lot of athletes wrongly use fight training and sparring as a way to condition themselves because they haven't been exposed to the more advanced and modern methods of training, nutrition, and recovery. That's the biggest thing that we teach - how to get that balance.

Q: Does your training add to fighting skills?

A: Our goal is get a guy into a position where he can do what he wants for as long as he wants. After that, it's just a matter of skill on the part of the athlete. We're not trying to teach someone how to throw a punch or how to wrestle - but we can expose him to certain stretches, or range of motion exercises, that will enable him to perform movements better when he's on the mat or in the ring. We are basically getting the body so it can do what the athlete wants it to do without breaking down. The mixed martial artists need their boxing, wrestling, or jiu-jitsu coaches for the specific skill sets that they want to focus on. Even if you look at martial arts on a beginning level, it's not that the beginner doesn't understand the concept of what the teacher wants them to do.

Everyone can look at a kick and can see the height they want to reach. The biggest inhibiting factor is having the strength and flexibility to lift your leg the way you want to. For most people, the sheer physical weight of their leg is too much for the support muscles to actually be able to lift it. It takes years of repetition of lifting and lowering the leg which allows a person to advance from the lower belt levels. Unfortunately, in some situations, you find ways to compensate, which can lead to other problems such as muscle tears, lower back pain, uneven hips, and sore hip flexors. This all comes from not building the right strength base.

That's why, in Phase I, we work on strengthening the internal body and building endurance before we work on increasing strength. It is very important to lay down the proper foundation. If you go through the movement of throwing a punch, there's a certain symbiotic relationship that occurs between the muscles. At a certain point, one set of muscles is dominant, at another point, they start to fade. If that synergy isn't right then compensation will occur. When we see mixed martial artists, most of their fighting style is a result of compensations for injuries they have sustained previously. It's not the way they ideally want to move. Do you want to get rid of one problem or create two?

Continued on page 114

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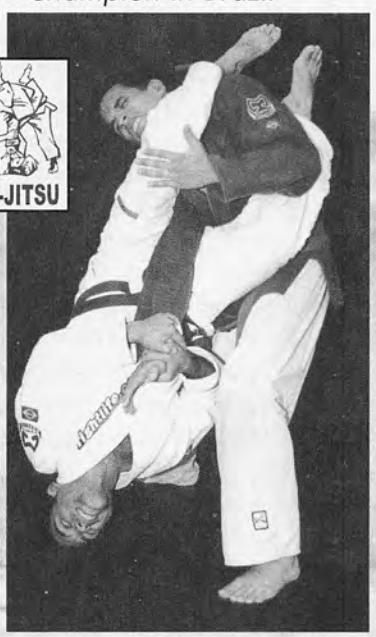

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ULTIMATE TRAINING

Continued from page 112

The difference that I see between athletes who succeed and the athletes who don't succeed has very little to do with talent as much as it has to do with the work ethic and what's going on inside their heads.

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CATCH OF THE DAY

Continued from page 8

Martin "Farmer" Burns, in his 1914 mail-order course, *Lessons in Wrestling and Physical Culture*, said it best: "Deep breathing alone has made many a weak man strong and many a sick man well."

When someone says that bodyweight exercises only build endurance, you must ask, "What bodyweight exercises are you talking about?" Are you saying that one-legged squats or one-arm pushups only build endurance? I don't think so. I have taken people who can squat 500+ pounds and watched them fail when attempting ONE one-legged squat. And how about one-arm pushups? Let's suppose the person can do 10 regular one-arm pushups. Okay, then let's see him do a one-arm Hindu pushup. Better yet, how about a one-arm Hindu pushup on his fingertips? The truth is, if the person who espouses this theory can't do the bodyweight exercises just mentioned, regardless of how much he can bench, squat, deadlift or curl, he WILL gain strength from performing them. Furthermore, it will be a very long time before he'll be able to do these exercises in HIGH numbers. In fact, chances are excellent he'll never get past five reps - an accepted number of repetitions in the strength department.

Now, how about some more bodyweight exercises for strength? How about elevated handstand pushups? Or handstand pushups on your fingertips? Or tiger-bend handstand pushups (forearms touch the floor)? Or one-arm pullups? Or two-finger pullups? Or rope climbing with one rope in each hand? Or muscle-ups and the iron cross from gymnastics? The list goes on and on. Now let me answer the $100,000 question. Will high-repetition bodyweight squats, pushups and bridging make you stronger? You bet they will. I know from experience.

Before going to China in September, for an entire month I cracked off 500 assorted pushups every single day. That's right. I did 500 EVERY DAY. I didn't do them 2-3 times a week. I busted a hump every single day. In my training, there was only one day in which I did pushups from the handstand position. And I did them with my palms on the floor, not on stools or chairs. I did one set of 10 reps and that was it. At the end of my month-long training program, I tested myself in handstand pushups - one of the most difficult for people to perform. But my test was not from the palms-on-the-floor position. It was with my hands elevated on two kitchen table chairs. In the past, I was unable to do a full handstand from the chairs. I was at least a foot away from making it a reality. And just so you know, when you do a handstand pushup from the chairs, you have to go at least 17 inches further than you do in a regular handstand.

Continued on page 116

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CATCH OF THE DAY

Continued from page 114

Now guess what? After doing 500 horizontal pushups per day for a month, I tried to do the handstand pushup from a chair. The vertical position. As I lowered myself, I couldn't believe how much power I felt in my arms. I went all the way down and touched my head to the floor. Then I sprung back up like a cat pouncing on a mouse. It was so easy I did another and another. Now that's what I call progress. I also call it strength. Don't think it's a big deal? Think that a 400 pound bench is a better indication of strength? Then take the guy with the 400-pound bench and see if he can do it. I'll bet you a ham-and-cheese sandwich he can't. And I dare you to prove me wrong.

Matt Furey is the author of Combat Conditioning *and* Combat Abs. *Each book is available for $29.95 plus $5 S&H. Call 1.813.994.8267 to order or visit* www.mattfurey.com

NO-HOLDS-BARRED

Continued from page 14

close to the ropes or tangled in them, they are often dragged back into the center of the ring. Thus the action on the ground can take a different course. And until there is some uniformity here, polls will be useless in comparing results from fights in a ring to those in a cage.

Also, some promotions have stand-ups, others don't. The time limits for rounds, and even the existence of rounds, and the total length of fights are all different. Some still have tournaments, and others don't. All these affect the outcome of fights.

No Uniform Weight Classes

The absence of uniform weight classes is another crucial factor. A key purpose of rankings is to determine contenders in each weight class. Yet some different polls rank the same fighter in different weight classes. One example is Kazushi Sakuraba, undoubtedly one of the finest fighters of our time. Sakuraba, of course, fights in Pride, which does not use the weight classes of the unified rules. He often weighs in the mid-180's. If he had to, he probably could easily fight in the 185-pound weight class under the unified rules. Yet he often fights men around 200 pounds, and sometimes even heavier. So where do you rank him? At 185 where he doesn't fight? At 205 where he is too light? There is no sensible answer so long as the purpose of rankings is to come up with contenders at each weight. This just doesn't apply when such a major organization as Pride has its own rudimentary weights, different from that of other major groups like UFC.

Common Opponents Ignored

Another problem with many of the existing polls is that they are not based on who beat whom. Take the case of Nathan Marquardt and Shonie Carter. These two fought in Pancrase, which has mixed martial arts rules. Marquardt, who later went on to become the first Middleweight King of Pancrase, defeated Carter en route to that title by unanimous decision on Sept. 24, 2000, at the Yokohama Culture Gymnasium in Kanagawa, Japan. As

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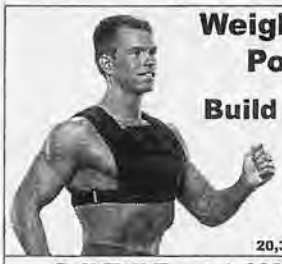

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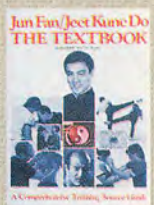

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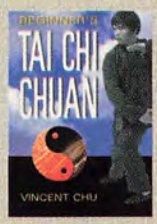

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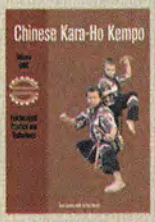

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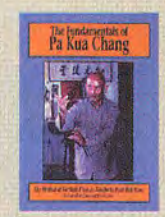

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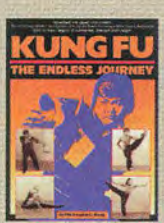

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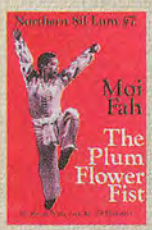

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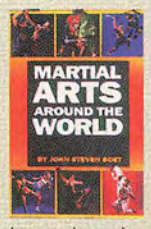

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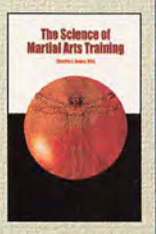

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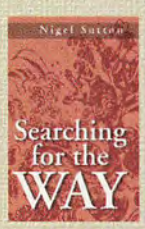

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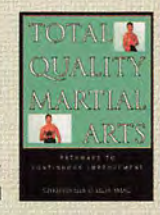

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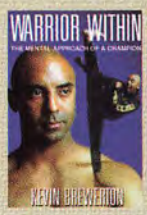

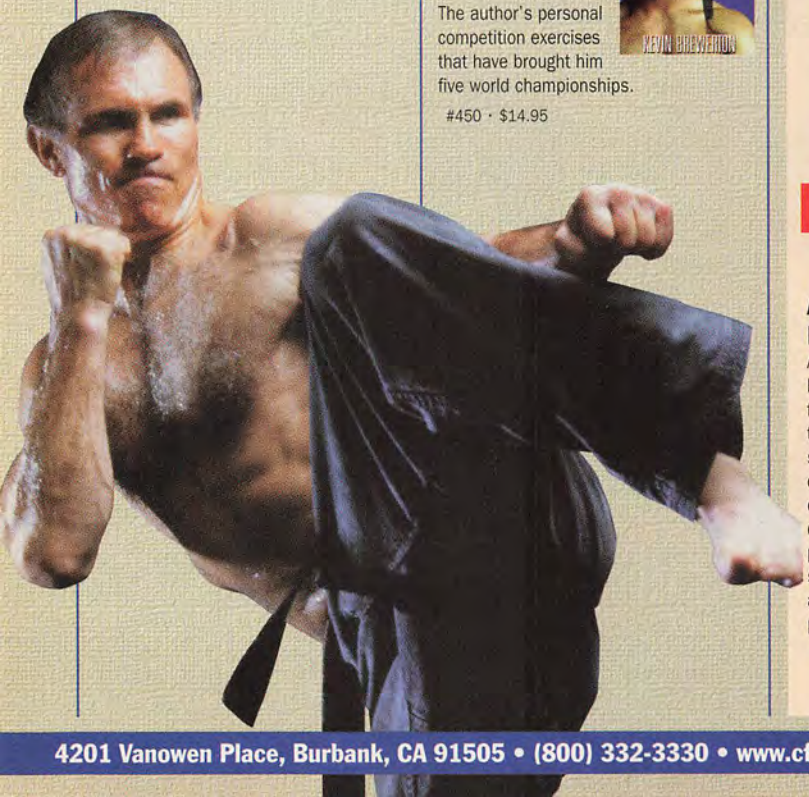

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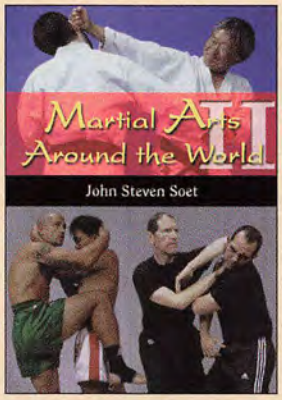

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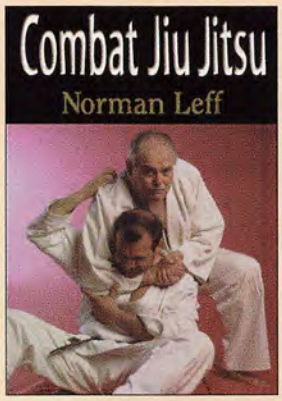

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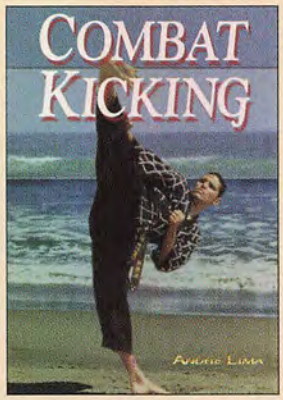

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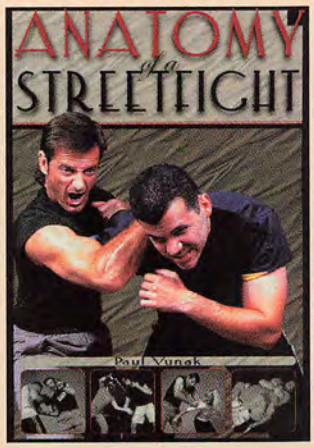

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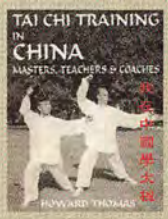

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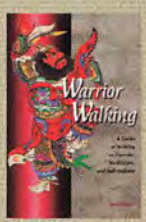

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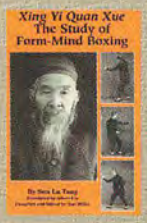

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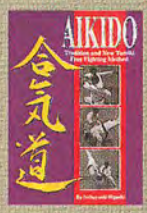

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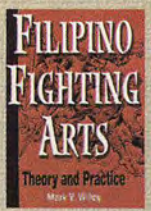

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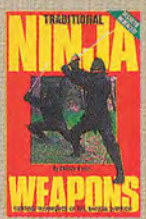

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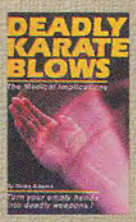

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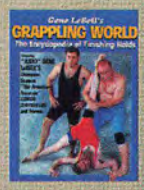

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NO-HOLDS-BARRED

Continued from page 116

they say, you can look it up. Since that fight, Marquardt's only defeat has been a decision loss at the IFC Warriors Challenge 14 on July 18, 2001, to Gil Castillo. Yet many of the existing polls continue to rank Carter higher than Marquardt.

The reason is likely that many of these people voting in these polls have not seen many or perhaps any fights in Pancrase, and can't or don't research the results before issuing their rankings. Has everyone who has voted in these polls been required to see or at least research the results of every event held by Pancrase, Shooto, Rings, Deep, IFC, UCC, Super Brawl, Extreme Challenge, et cetera; not to mention even Pride and UFC?

This itself calls into question the professionalism of the people who vote in these polls, and how many fights worldwide they actually watch. Now, there is no crime in not being a professional, and any sport must encourage its fans to express their opinions. But if these existing polls are really conducted by groups of fans who have neither the comprehensive knowledge, experience, or training in how to rank fighters, then they cannot be taken very seriously. In fact, any promoter who uses these polls in any serious fashion reveals their own lack of professionalism.

Conflict of Interest Rampant

In addition, some of these polls have had people employed by various promotions voting in them. A conflict of interest, you might say? That concept is largely absent in a sport which still has debates over whether or not fixed fights are acceptable, and whether or not promoters should book professional "wrestlers" with no professional fighting experience or training. Yet some of these polls have regularly featured employees of various promotions. It would be like having Bobby Bowden or Steve Spurrier being able to vote for their own teams and their opponents in a college football ranking poll. What would be considered ludicrous in another sport is, sad to say, often the rule in mixed martial arts.

Rankings, of course, are vitally necessary to a sport like mixed martial arts. Boxing has extensive rankings by its various sanctioning bodies. These have hardly been a model for anything, as the IBF bribery scandal last year and the incredible disparity in the rankings of this group and the other two major organizations, WBA and WBC, clearly show. Still, after the appointment of a federal monitor, the IBF's rankings are now overseen by retired New York Police Department officer Joe Dwyer, one of the most honest and respected figures in boxing. But limitations still exist. The three sanctioning bodies often do not rank fighters who hold titles in other groups but do not pay sanctioning fees to that body.

No Single Sanctioning Body

If mixed martial arts is to have an independent sanctioning body, there must be ONE, and one alone. It must be financed by uniform fees paid by the promoters. In fact, it would be a good idea to institutionalize this setup in the rules that govern mixed martial arts.

In boxing, there has been a movement to establish a national commission of some type. This flares up right after every

scandal, tragedy, or outrageous decision, and dies down shortly after because almost all politicians just don't care about the safety and livelihood of boxers. Thus a national commission is nowhere near being established.

This also does not bode well for mixed martial arts. It is likely that the appalling immaturity of this sport, fueled by both the ego and corruption of different promoters, will continue. The very fact that the sport is structured in separate promotions, modeled after the WWF and pro "wrestling," rather than various promoters who in many cases recognized uniform champions, should be cause for concern for those who are honestly interested in making mixed martial arts a real sport. Sadly, there are only a handful of people in mixed martial arts who even recognize that as a problem, let alone want to do something about it.

Thus, the existing structure of mixed martial arts of separate promotions actually keeps top fighters signed to different promoters from ever fighting each other. The need for rankings, then, becomes even less urgent. Such is the pathetic state of mixed martial arts.

MEDICINE MAN

Continued from page 12

chronic low grade problem with pain but not much loss of function.

In extreme cases, with a grossly displaced joint that is tenting the skin, there are a variety of surgical procedures to reduce the joint into its proper position and hold it there. Athletic performance is likely to suffer following such an injury and procedure. Ask yourself: do you want Tito Ortiz to pick you up in his patented bear hug, windmill you over his head and slam you down on that repaired shoulder?

The second degenerative condition is extraordinarily prevalent in the wrestling, jiu-jitsu and weight lifting community; even in young athletes who train hard. It is frequently hard to distinguish from subacromial impingement commonly called "bursitis," and in fact, where you see one you almost always see the other - they go together. It presents as discomfort on the top of the shoulder, is made worse by activities in which you stress the arm with it held above chest level, and frequently interferes with sleep.

Treatment

Treatment is rest from strenuous activities involving the shoulder, ice, anti-inflammatories such as aspirin or ibuprofen, and in persistent cases, injections into the joint, physical therapy including modalities such as ultrasound. In extreme cases, surgery can relieve symptoms (you whack off the end of the clavicle near the acromion).

So, the AC joint is a bothersome joint to the fighting athlete; if you train long enough, you will develop symptoms in the joint that will come and go. The bad news is that sooner or later, almost all fighters will have some aches and pains in this joint; the good news is that most of the time it is not disabling and responds to rest, ice and anti-inflammatories. Subacromial impingement, rotator cuff tears, and shoulder dislocations are all more serious, and I'll deal with those in future columns.

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MARCO RUAS

Continued from page 52

Rio and miss it, I need to stay here for my teaching and fighting career. In the beginning it was very difficult and I wasn't adapting very well, but now I have many friends and I'm very happy here with my family. Nevertheless, I don't know if I can be here forever - to stay away from the beaches of Rio is a very hard thing to do!

Q: Is there any difference between the vale tudo practiced in Brazil and in the U.S.?

A: In the beginning the two were very close, but now there is a lot of difference. The main one is that more and more rules and restrictions are being imposed in the U.S. I understand that's the only way for these types of competitions to take place. On the other hand, however, realism is being taken away from the fight itself. Here, if a fighter is bleeding even a little bit, the referee stops the match. In Brazil, the referee would never do that; bleeding is not a reason to terminate a fight. There, the fight gets stopped only if one of the fighters is in no condition to continue. Sometimes a fighter takes two or three punches to the face, bleeds a lot, but does not give up. Also, U.S. fights are limited in time. In Brazil, some fights have no time limit while others have long rounds of 10, 20, or even 30 minutes each.

Q: Do you like the UFC since the Fertitta brothers bought it?

A: I have to say that I really do. I think what they have done is take it in the direction it needs to go to get back on cable and for the sport to be accepted by the American mainstream audience. If you're a vale tudo purist you can say that you wish there weren't so many restrictions in the rules. But the truth of the matter is that without the restrictions the sport was going to die out in the United States. So now the fighters in the UFC are making a lot of money and the sport is being given exposure in a lot of big media outlets. They even had Carmen Electra as a spokesperson! How can that be bad? I just hope that they are not spending so much that they lose a lot of money and then decide to leave. That would really hurt the sport. You just hope that they operate at a sustainable level so they can build the sport up over a period of time. I've seen a lot of fighting shows go broke because they thought there was more mainstream appeal than there really is. They spend a ton of money on a couple of shows, lose it all, and never have another show again.

Q: In the past couple of years you have focused more training fighters than on fighting yourself. Are you retired?

A: Not at all. I had a very serious injury that kept me from competing. So I took time off from fighting, got an operation, and had a long period of rehabilitation. Now, though, I'm feeling fit and am getting into good fighting shape. I have a fight coming up soon in the United States in order to shake off the ring rust and to get my fighting legs back under me. After that, I hope to talk to either the UFC or to Pride about a multi-fight deal. The funny thing about being off is that I taught so much that I feel it really improved my fighting game as far as my strategy and my mental approach. As you mature and grow you realize that fighting has a lot of mental aspects that you didn't know about when you were younger. So if anything, I feel like I am a better fighter now than when I won the UFC.

Q: When you were introduced at the 2001 K-1 finals in Las Vegas you got the biggest ovation of any fighter. Did that surprise you? Do you have any plans to fight in the K-1?

Continued on page 128

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MARCO RUAS

Continued from page 126

A: It did surprise me since I haven't fought recently - but it was a great surprise. It told me that if you fight hard, and give it your all, the fans will remember what you did. So that was a validation of what I have done earlier. As far as fighting in the K-1, I have to say that I am open to anything. At one point in my career, I was invited to fight in the K-1 by Mr. Ishi, the event promoter. If the offer came again it would be very difficult for me to immediately accept right now - I would need some time to train stand-up only. With my USA vale tudo fight coming up, my current training is completely focused on NHB - half my techniques are stand-up techniques, half is ground work. For me to get ready to fight at K-1, I would have to spend six months in the Netherlands, where some of the best muay Thai fighters live, in order to condition myself again to this style of fighting. The possibilities are good, but I don't know how and when I would do it.

Q: How do you train?

A: I usually divide my daily training into two sections - one in the morning and the other in the afternoon - for a total of about six hours per day. In the morning I generally practice punches, kicks, hit various bags, do boxing training, and practice positions on the ground. In the afternoon I do the actual fighting part and spar stand-up as well as ground fighting. I also do other things because I am more of an athlete than just a fighter. I do weightlifting, running, and swimming. I train almost every day at a regular, sustainable pace, which I increase when a fight is getting close. I also like to stretch, usually before my morning practice.

Q: Do you feel variety is the key to avoid training burnout?

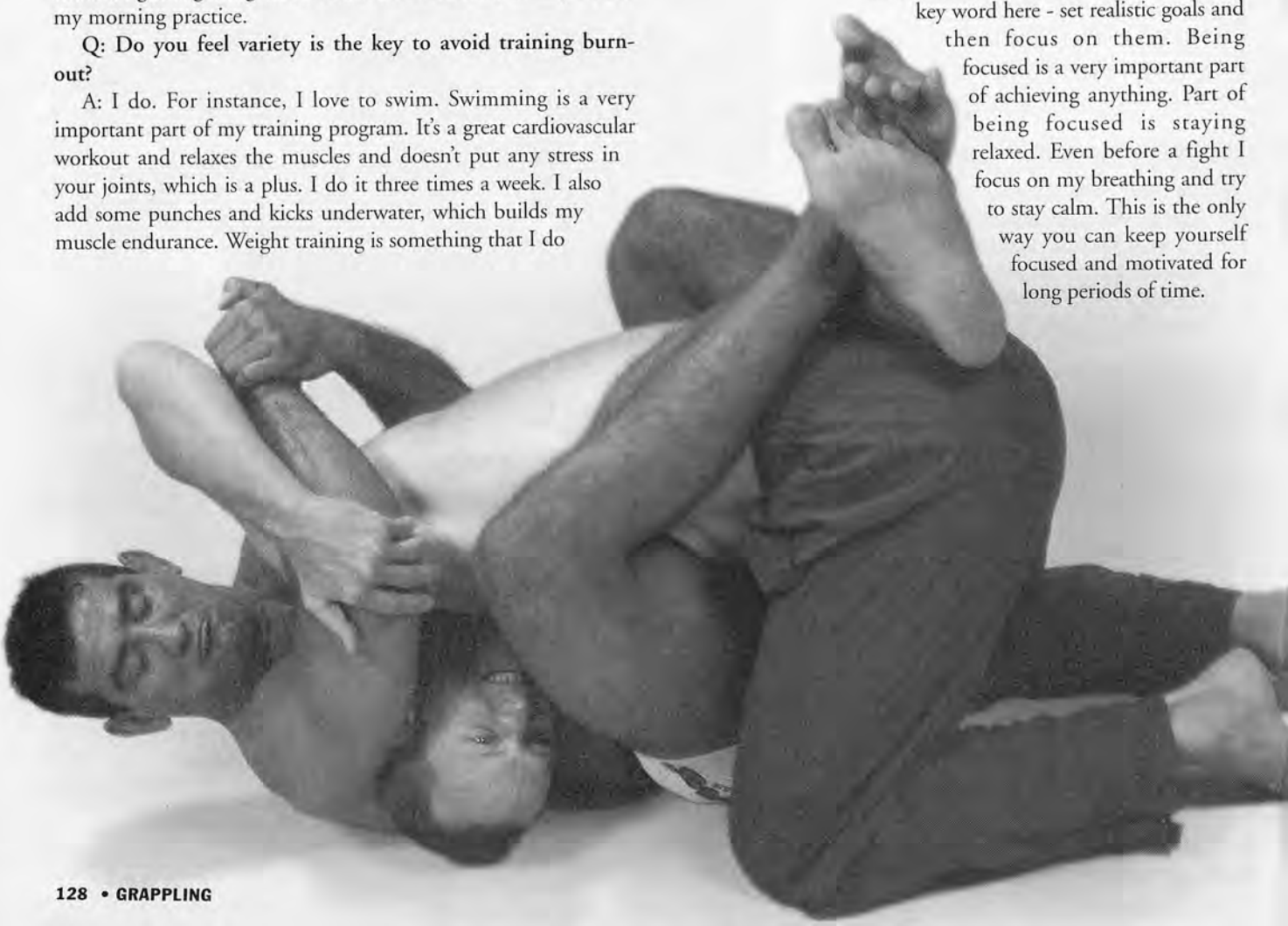
A: I do. For instance, I love to swim. Swimming is a very important part of my training program. It's a great cardiovascular workout and relaxes the muscles and doesn't put any stress in your joints, which is a plus. I do it three times a week. I also add some punches and kicks underwater, which builds my muscle endurance. Weight training is something that I do once in a while. I have been gifted with a strong natural body so I don't need to use weights that much. I do a lot of strength calisthenics using my own body weight, though. I want sustainable strength not explosive one-time power, so my strength training centers around that. I understand, though, that for other fighters a weight training program might be necessary to increase their muscle mass. In NHB you need a certain amount of body weight and muscle mass to be successful.

Q: Do you follow a special diet?

A: No. I eat all kinds of food, even red meat. Of course, I avoid excesses fat and sugar but I don't deprive myself of anything. I train a lot and I train hard, so my body absorbs it all. I basically listen to what my body tells me. For the most part I eat a lot of vegetables, fruit, rice, and beans as a source of carbohydrates and lean meat for protein.

Q: How have you stayed so motivated for so long?

A: I believe that your own spirituality as an individual has a lot to do with the motivation you need to gain success in life. I'm not necessarily talking from a religious point of view - I have strong faith in myself and in my spirit. This boosts my confidence in everything I do in life. I always set goals and then work to accomplish them. I have been doing this since I was a kid. Every goal is a project that I have to finish. I take one step at a time and pace myself properly to reach the finish line. I always want to excel in anything I do. But I don't get locked into any particular outcome. You have to be flexible enough to change your goals if circumstances change. Life often takes different directions that you have no control over, and your goals should adapt to your current situation and environment. "Realistic" is the key word here - set realistic goals and then focus on them. Being focused is a very important part of achieving anything. Part of being focused is staying relaxed. Even before a fight I focus on my breathing and try to stay calm. This is the only way you can keep yourself focused and motivated for long periods of time.



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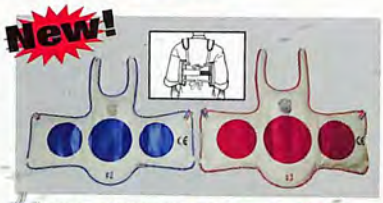

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